Police logbook P. 7

Happy Independence Day! ★

West Sac swimmers P.3

USPS 388-320

THE NEWS-LEDGER

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Volume 32, Number 46 | Serving West Sacramento and Yolo County Since 1964 | Wednesday, July 3, 1996

Study: it's a good idea to build a hotel near Tower Bridge

■ Report says a 125 unit, mid-range hotel would do nicely on Raley's Landing property along West Sacramento's riverfront

By Steve Marschke

A marketing and feasibility report on whether West Sacramento can play host to a new, high end hotel has concluded that a mid-sized, mid-range hotel would be a good bet for the Raley's Landing area north of the Tower Bridge.

"They're saying the best site would be at Raley's Landing," said Val Toppenberg, director of the West Sacramento Redevelopment Agency. The report was commissioned by the agency using Community Development Block Grant money, and prepared by PKF Consulting of the Bay Area.

"That report identified a mid-sized, mid-tier hotel as being appropriate," he added.

A "suite" style hotel in the $90 per night price range was recommended.

Raley's Landing has broken ground on the city riverfront's first major project -- a 300,000 square foot office project for the Money Store corporation.

City hopes a home furnishings retail center will succeed

■ Once touted as a potential auto sales mall, 'Riverpoint' site now looked at as possible home products center

By Steve Marschke

West Sacramento redevelopment agency officials are pursuing a $35,000 study to analyze the possibility of creating a home products shopping center near I-80 and Reed Ave. in the city's northwest.

The project is targeted for 92 acres in the Riverpoint project. Previous city plans for the site have included an attempt to bring an auto mall and to lure major retailers such as the Home Depot.

The property is owned by Ahmanson Commercial Development Co.

"We thought, why not furniture dealers?," said Val Toppenberg, director of the West Sacramento Redevelopment Agency.

The $35 thousand dollar grant of federal funds would pay for a "marketing and feasibility study," said Toppenberg. If the results are favorable, they could help convince retailers to come to the site.

"We haven't yet identified particular companies," Toppenberg added. "We'd be looking at furniture stores, window covering stores, wallpaper stores -- all kinds of home furnishings. You might call it an 'interior decorating center.' "

All fireworks illegal in W. Sac.

Those pops, bangs, sparks and whizzes you will hear in West Sacramento on July 4 are illegal.

All private fireworks use is banned in the city and in Yolo County, reminds the West Sacramento Police Department. Although some residents ignore the ban -- or are unaware of it -- there are no legal forms of fireworks with which to celebrate Independence Day.

Anyone wishing to dispose of unused fireworks may turn them in to a local fire station without penalty.

From the mind to the market?

Local man wins prize for device intended to help the elderly feed their pets

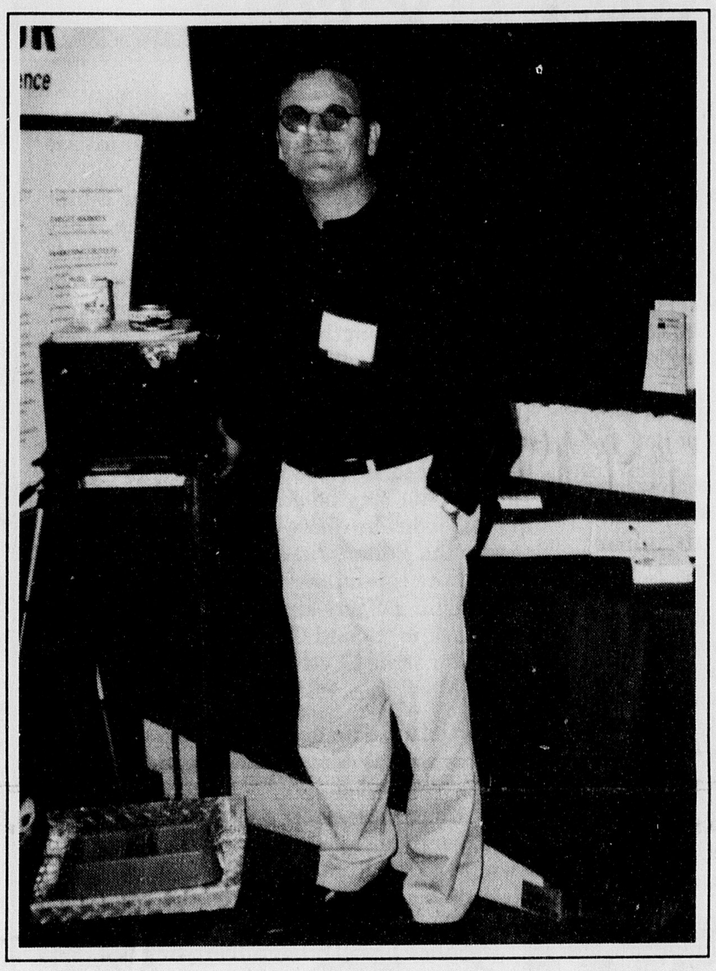
Jim Sexton of West Sacramento won the gold medal in the animal care category for his invention called "Easy Feeder" on May 18 at INPEX XII, the world's largest invention exposition.

"Easy Feeder" Pet Dish Elevator brings pet dishes to counter level and back to the floor with the push of a button and also has a removable cutting board and can opener. It works by using an electrically operated chain-and-sprocket system to lift a tray from floor level to counter level, and back again, with the push of a button.

"It's designed for elderly people and disabled people who are no longer able to bend over and pick up their pet's food dish," said Sexton. "You push a button and the food dish is brought up to you. It also has a cutting board and a can opener."

Wiring for the prototype was performed by a West Sacramento company called Capitol City Design, said Sexton. Sexton is still negotiating with potential manufacturers for the patent-pending device, and expects it to sell for around $50 to $75.

Sexton said that although "not a lot" of entries were included in the animal care category at the exposition, 45 states and 33 foreign countries were represented in the products on display.



Jim Sexton with his forklift-like pet feeding aid

Disabled from a bullet wound suffered in 1983, Sexton has developed several invention ideas, but the "Easy Feeder" is the first he has felt was worth pursuing all the way to market.

An international jury judged competing inventions in the international awards program. Entrants were eligible to win monetary prizes totaling $6,500, as well as medals and trophies. In addition, corporate sponsored awards were presented.

The 12th international invention show held May 16-19 at the Greater Pittsburgh ExpoMart in Monroeville, Pennsylvania presented 200 awards, medals and trophies to exhibitors from 30 countries.

INPEX provides a forum for inventors and entrepreneurs to showcase their inventions and make contacts with companies interested in new products. Attendees include manufacturers, marketers, distributors and investors. INPEX XII had over 900 exhibits displaying 1,500 inventions from 30 countries, making it the largest such invention exposition in the world..

INPEX XIII will be held May 15-18, 1997, at the Greater Pittsburgh Expomart. For more information about INPEX, call 1-800-422-0871.

City will break out ceremonial shovels

■ After delays & financing problems, bridge construction to begin

Groundbreaking ceremonies are planned for today (July 3) at noon near West Sacramento's city hall for the Daniel C. Palamidessi Bridge, expected to be completed by Teichert Construction by 1997.

The 600-foot, $13 million concrete bridge will join the northern and southern halves of the city across the barge canal. It will connect to Industrial Blvd. at its northern end and to a new road to connect with Jefferson Blvd. in Southport.

"It's a very significant infrastructure improvement for the community," said Mayor Greg Potnick. "It has been talked about for almost ten years now, since before the city's incorporation. It will provide an incredible opportunity for the city to develop."

Completion of the bridge will allow the city to drop a self-imposed building moratorium on the 7,000-acre Southport area, allowing the largely-undeveloped region to sprout with a planned 14,000 homes. The bridge, crossing on Port of Sacramento property, will also allow industrial and commercial development of the port's Southport land and at the neighboring Southport Industrial Park site, both now vacant.

'Bridge building is not for the faint of heart, or for the easily tired. . .'

-- West Sacramento Mayor Greg Potnick

The bridge will supplant the two-lane Jefferson Bridge, located to the east across the same body of water.

Construction will follow a number of false starts towards the building of a new bridge during the 1990s, and will be financed through a partnership between private developers, the port and the city of West Sacramento.

"Bridge building is not for the faint of heart or for the easily tired," said Potnick. "This has been a complicated project."

The mayor particularly credited U.S. Rep. Vic Fazio for helping to bring nearly $9 million in funding for the bridge.

The bridge's namesake, Daniel Palamidessi, was a popular young West Sacramento community member who died of leukemia.

Housing project tries to lure tenants from Sac

13,000 mailers sent to Sacramento to attract low-income renters

Unable to fill all the apartments in the new Washington Courtyards project in a hurry, officials of the non-profit West Sacramento Housing Development Corporation (WSHDC) recently mailed 13,000 invitations to prospective renters in Sacramento inviting them to apply for the space.

The first units in the project, which is located in the city's northeastern (Broderick) area, are expected to open this month.

TOM KIGAR

90 low and very low income units are being built at the site.

Eight of those are reserved for disabled tenants, to be assisted by special funding.

41 applicants have been approved for the remaining 82 units thus far, said Tom Kigar of the WSHDC.

Several local private landlords have complained about other recent efforts by the WSHDC, which has also sent mailers to tenants renting houses, duplexes and apartments in West Sacramento, trying to entice them to the WSHDC's new complexes.

Kigar said that it is now necessary to recruit across the river.

"We have made every effort we can to contact persons in West Sacramento interested in renting," he said. "When we completed those efforts, we had to go somewhere else."

Please see RENTERS, page 6

Clarification

An article in last week's News-Ledger about a riverfront structural fire may have led to some confusion, according to at least one reader.

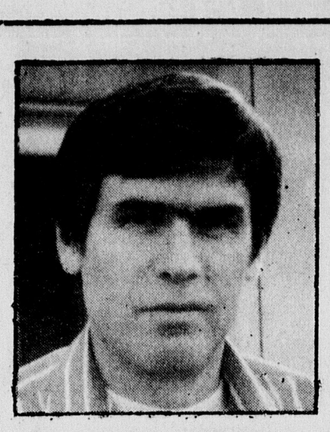
The fire, at a South River Road abandoned rice mill, was said by the fire department to have been of "suspicious" origin. In an area frequented by transients, a fire official said the blaze was probably caused by illicit activity of some sort.

Although the origin of the fire was judged "suspicious," and the article mentioned that the building was slated for destruction, there was no intentional implication in the article that the fire was started by the property owner. To the extent that any such implication existed in the article, the News-Ledger offers an apology.

The destroyed building was not even insured, said Peter McCuen of McCuen Properties, which owns the site.

Brainstorming with the greatest lover of all time

My Back Pages



By Daryl Fisher

If you were reading the newspapers or watching the network news shows last week, you probably noticed that Bob Woodward's new book, *The Choice*, was getting quite a bit of media attention, mainly because of what it has to say about First Lady Hillary Rodham Clinton. According to Woodward, Mrs. Clinton, with the help of her spiritual adviser, psychic researcher Jean Houston, has from time to time engaged in morale-building brainstorming sessions with famous figures of the past, including former First Lady Eleanor Roosevelt and Indian leader Mohandas Gandhi.

Ms. Houston, a New Age human-potential psychologist, told reporters that the whole flap is "Much ado about nothing", and that the recent four minute chat Mrs. Clinton had with Mrs. Roosevelt was nothing more than "An intellectual exercise in role-playing which is done everyday in many business corporations. You imagine somebody that you'd like to talk to and it helps focus your ideas. That's all it was."

As for Mrs. Clinton, she said, "The bottom line is that I have no spiritual advisers or any other alternatives to my deeply held Methodist faith and the traditions upon which I have relied since childhood."

Why all this fuss, I thought to myself after I had finished watching Ted Koppel's 'Nightline' program dedicate a whole half-hour to the subject. I mean, what's the big deal? Doesn't everyone have occasional chats with people who have been a long time dead? I know I certainly do. In fact, just the other evening I found myself shooting the breeze with Don Juan, the legendary Spanish lover. Our conversation went a little something like this:

"Don," I asked him, "can you keep a secret?"

"Don't worry," he said, waving his delicate hand and flashing the same endearing little-boy smile which probably once helped him deflower hundreds of women, "You don't have to worry about me saying anything. I'm dead, remember?"

"Don Juan," I said, coming right to the point, "I've been seriously thinking about maybe trying to become a great lover, you know, just like you."

"Is that right?" he said, obviously a little surprised.

"And I'd kinda like to pick your brain for a few minutes, if that's alright. You know, go over some of the pros and cons."

"I see," he said, looking me up and down.

"What's the matter, Don?"

"Well," he said as tactfully as he could, "aren't you a little too old to be starting such an arduous undertaking?"

"But I'm only 49."

"When I was alive," he explained with the most charming of Spanish accents, "men only had a life-span of about 44 years. And the really great lovers -- of which there were only a few -- were usually all washed up by their mid-30's. I'm sorry, Daryl, but a 49-year-old great lover? I just don't think so."

"But it's different nowadays," I assured him. "Women have dramatically lowered their standards over the years. Age isn't so important anymore. If you've got some money, haven't lost all your hair, and if you're not too short or too fat, they'll give most anyone a chance."

"How very, very sad," he said, a single tear rolling down his freshly powdered cheek.

"Anyway," I said, "there must be a few tips you can pass along to me."

"Well," he said, "good hygiene is certainly important, and the first thing I would recommend is bathing at least once a month."

"Okay," I said, gagging. "Anything else?"

"Yes, you definitely need to spend some time working on that body of yours."

"Any particular part of my body," I asked.

"Your calves," he said without hesitation. "Women are extremely attracted to a man's calves, but I'm afraid even the most expensive silk stockings will do little to help those skinny legs of yours."

"I see. What else?"

"Well, of course it's also important to have a very long sword."

"A long sword?"

"Absolutely! If a man is not willing to whip out his sword and die in a swashbuckling duel for the woman he loves, he can never hope to be a truly great lover."

"Well, Don," I said, suddenly realizing that great lover status was probably out of my reach, "I sure do appreciate you having taken the time to brainstorm with me. It's been very helpful."

"My pleasure," he said. "And oh yes, Daryl, there is one more thing I should mention."

"What's that, Don?"

"Always remember that women, unlike most men, love with their ears, not just their eyes."

"Really?" I asked. "And what's the importance of that?"

"Well," he said as kindly as he could, "among other things, it means that your situation isn't entirely hopeless."

THE NEWS-LEDGER

Est. 1964

The News-Ledger was founded August 14, 1964. It is the successor to the *Weekly Reader*, founded by Julius A. Feher in April, 1938, and incorporates the *West Sacramento News*, founded by Julius A. Feher in August, 1942.

The News-Ledger is a weekly newspaper published every Wednesday. It provides coverage by mail and other distribution to the city of West Sacramento, including the communities of West Sacramento, Bryte, Broderick and Southport.

The News-Ledger is a newspaper of general circulation by Yolo County Superior Court decrees No. 21893, dated June 1, 1967, and No. 29812, dated June 4, 1973.

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Successor to Julius A. Feher, 1988

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Ray Cushing, Correspondent
Charles Robinson, Sports Correspondent
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News submissions: The News-Ledger welcomes information on local news and events. Please submit written news items to the below address by mail or in person, or through the office mail slot. News deadline is Friday before publication. Please include your name for attribution and your phone number in case we have any questions.

Opinion submissions: Letters to the Editor on topics of local interest are welcome. They must be signed, original, and must include the author's telephone number and address for verification. Letters should be brief and may be edited for length or objectionable or libelous content. Deadline is Saturday before publication, and may be mailed or dropped off at the News-Ledger office.

"Sound Off!" comments are invited and may be phoned in to 371-8055. Comments should be brief and may be edited. Please note that allowed topics are more stringent than for Letters to the Editor, due to the anonymous nature of the call-in line. Criticisms or political campaigning of any kind generally will not be published in "Sound Off!," but may be appropriate for signed Letters to the Editor. Deadline is Monday.

Advertising: The deadline for classified advertisements is Monday at 5 p.m., and ads should be prepaid. An ad of up to 25 words costs $3.50, plus 10 cents for each additional word, per publication. Please mail ad and payment to the address below, or drop it off in the News-Ledger office or through the office mail slot.

Deadline for all other advertising is 5 p.m. on Friday. Please call 371-8030 for information on display advertising and advertising inserts.

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The News-Ledger.
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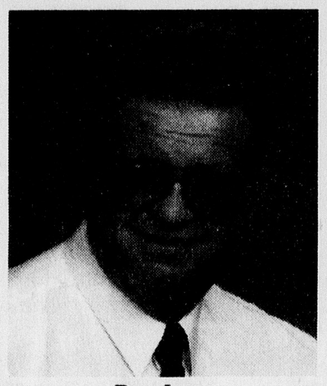
every week since '64.



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The Jakosas celebrate

On the occasion of their 50th wedding anniversary, Barbara and Rudy Jakosa were honored at a buffet luncheon on Saturday, June 22. The reception, hosted by their children, Susan Fortune, Marty Jakosa, and Stephen Jakosa, was held in the Terrace Room of the Clarion Hotel in Sacramento.

Special guests included daughters-in-law and son-in-law, seven grandchildren, two great-grandchildren and four members of the original wedding party. Also in attendance were family members from Chicago, Illinois; Boise, Idaho; and throughout the state of California.

Special events have been planned throughout the year, including a cruise through the Panama Canal.

Barbara and Rudy, both retired from the Washington Unified School District, have resided in West Sacramento since 1952.

News-Ledger Directory of West Sacramento Places of Worship

ANNA STREET BAPTIST CHURCH Rev. Norman Pollitt, Pastor 1400 Anna Street, Bryte, CA 95605 371-6560 Sunday School 10:00; Worship 11:00 a.m. and 6:00 p.m. Prayer Time Wed., 7:00 p.m.	**CHURCH OF CHRIST** 315 4th Street (Broderick), West Sacramento 372-6540 Minister, Comell Williams Bible Study 10 a.m. Sunday Service 11 a.m. Sunday	**COMMUNITY LUTHERAN CHURCH** Rev. Marjorie C. Beach, Pastor 920 Drever St., West Sacramento 371-8804 Sunday Worship and Sunday School 10:00 a.m.; Second Thursday Alleluja Club 4 p.m.
SEVENTH DAY ADVENTIST CHURCH H. Eugene Miller, Pastor, 334-9315 6300 Jefferson Blvd., West Sacramento, P.O. Box 447, W.S. 95691. Phone 372-6570. Saturday Sabbath School 9:30 a.m. Worship 11:00 a.m.	**FIRST SOUTHERN BAPTIST CHURCH** Rev. William Bibb 2124 Michigan Blvd., West Sacramento. Phone 371-2111 Sunday Services 11:00 a.m., 6:30 p.m. Sunday School 9:45 a.m.	**FIRST BAPTIST CHURCH** Gary Clements 9:45 a.m. -- Sunday School 11:00 a.m. -- Worship Service Wed. 7 p.m. -- Bible Study and Prayer Meeting 1511 Delaware Ave., West Sacramento, 371-4061
THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS Bishop Kenneth C. Shill, 372-0549 2667 Linden Rd. (Southport), West Sacramento. Sunday School 11 a.m. Priesthood and Relief Society 10 a.m. Sacrament meeting 12 noon Public is welcome.	**HOLY CROSS CATHOLIC CHURCH** 1321 Anna St. at Todhunter, 371-1211 Rev. John Kouba, S.D.S., Pastor Masses: Sat. 5 p.m., Sun. 9 a.m. (English) and 12 noon (Spanish) Weekday Masses: Mon.- Thurs. 7:00 a.m., Friday 8:30 a.m.	**TRINITY PRESBYTERIAN CHURCH** Rev. David L. Templin, Pastor 1500 Park Blvd., West Sacramento Sunday Worship 11:00 a.m., Thursday 5:30 p.m. Dinner Bible Study Telephone 371-5875
THE BAHA'I FAITH *So powerful is the light of unity that it can illuminate the whole earth.* Baha'u'llah 372-3387	**GRACE OF CHRIST** 1608 Lisbon St. (Lisbon & Solano), Bryte, Calif. 371-7668 or 375-0713, Pastor Greg Rinaldi Weekly Services: Sunday School, 10:00; Sunday Morning Praise & Worship Service, 11:00; Wed. Eve. Serv., 7 p.m.; Sunday Eve. Serv., 7 p.m.; Thursday Night Children's Church, 7:00 p.m. Transportation is available.	**CHURCH OF THE NAZARENE** Jeff Woods, Pastor 1716 Willow Ave., West Sac.,371-7340 Sunday School 9:45 a.m. Sunday Worship 10:50 a.m. & 6:00 p.m. Nursery care provided.

Free help for debtors–

From the Consumer Credit Counseling Service of Sacramento

Consumer Credit Counseling Service of Sacramento (CCCS) has free classes available for those members of the community seeking a broad range of information, from budgeting advice to the more serious problems of a delinquent mortgage.

Budgeting for the 21st Century: For individuals and families who would like to create a workable budget, reduce debt and achieve new financial goals.

Closing the Gap, Sensible Solutions to Debt Resolution: For those with bills past due and extensive debt and not enough money to go around.

Mortgage Solutions, Facing Foreclosure: For mortgage

Please see HELP, page 6

Notice About Funeral Homes

How many times have you heard, "nobody cares about your business the way you do?"

Well, once again, a huge corporate giant from out of state has purchased a Sacramento funeral home & kept the old family name attached to it. Using these corporate giants makes some board in some corner of the world very happy and powerful. Do you know WHO YOU'RE ENTRUSTING with the privacy and dignity of your loved one?

RIVER CITIES FUNERAL CHAPEL in West Sacramento is owned, operated, managed and cared for by Jon R. & Esther N. Daniel. Residents of West Sacramento, raising their children in West Sacramento schools, paying taxes and supporting West Sacramento. If you have any questions about funerals or cremations, pick up the phone and ask for the owner. Esther or I will be there for you.

Call 371-4535, 24 hours a day.

-- Jon R. Daniel

SPORTS

Local swimmers out-paddle visitors in River City pool

West Sacramento Dolphins Swim Team assistant coach Scott Morgan received a very welcome birthday gift from his team when they outswam a very competitive Manor Recreation Minnow Team to win Saturday's event at the River City High School pool.

In an outstanding, all-out team effort, the Dolphins won by a score of 414 to 359 points for the Minnows. It was not only an outstanding day of swimming for both teams, but also one of good sportsmanship and commradarie, that made it fun for everyone who attended.

The Dolphins were led by some exceptional swimming by Jennifer Alander (5 wins, 7-8 girls); Matthew Estrada (4 wins, 11-12 boys); Jamie McCall (3 wins, 13-14 girls); Alex Villalobas (3 wins, 13-14 boys); Stacey Paige (3 wins, 9-10 girls); and Devin Jensen (3 wins, 7-8 girls).

The City of West Sacramento is invited to attend the next home meet against Carmichael on Saturday, July 13, and help cheer on our West Sacramento Dolphins.

The following is a summary of Saturday's heat winners for the Dolphins:

Co-ed, 6 and under, 100-yard freestyle relay: Brittany Linder; Allison Ruvalcaba; Adelina Cooper; and Kelsie Shower.

7-8 girls, 100-yard medley relay: Caroline Yarber; Jennifer Alander; Devin Jensen; and Patricia Andrews.

7-8 boys, 100-yard medley relay: Eric Tolle; Joey Simpson; William Beatty; and Kevin Ericson.

9-10 girls, 100-yard medley relay: Mellissa Ridge; Bridgette Tacdol; Micaela Barbosa; and Stacey Paige.

11-12 boys, 200-yard medley relay: Matthew Estrada; Jason Burt; Jeff Burt; and Ricky Mancha.

13-14 boys, 200-yard medley relay: Derek Lamb; Alex Villalobas; Tony Barbosa; and Kelin Jensen.

9-10 girls, 100-yard individual medley: Stacey Paige, first place; Micaela Barbosa, second place.

11-12 boys, 100-yard individual medley: Jeff Burt, first place; Jason Burt, second place.

13-14 girls, 100-yard idividual medley: Jamie McCall.

13-14 boys, 100-yard individual medley: Kelin Jensen, first place; Tony Barbosa, second place.

15-18 boys, 100-yard individual medley: A.J. Kanelos, first place; Collin Jensen, second place.

6 and under girls, 25-yard freestyle: Kelsie Shower, first place; Brittany Linder, second place; Allison Ruvalcaba, third place.

6 and under boys, 25-yard freestyle: James Beatty, first place; Austin Bouche, second place; Kevin Cagle, third place.

7-8 girls, 25-yard freestyle: Jennifer Alander, first place; Devin Jensen, second place; Patricia Andrews, third place.

11-12 boys, 50-yard freestyle: Matthew Estrada.

13-14 boys, 50-yard freestyle: Kelin Jensen.

15-18 boys, 50-yard freestyle: Collin Jensen, first place; A.J. Kanelos, second place.

6 and under girls, 25-yard freestyle: Brittany Linder, first place; Kelsie Shower, second place; Allison Ruvalcaba, third place.

6 and under boys, 25-yard backstroke: James Beatty, first place; Kevin Cagle, second place; Austin Bouche, third place.

7-8 girls, 25-yard backstroke: Malinda Bouche, first place; Caroline Yarber, second place.

7-8 boys, 25-yard backstroke: Eric Tolle, first place; William Beatty, second place.

11-12 boys, 50-yard backstroke: Matthew Estrada, first place; Ricky Mancha, second place.

13-14 boys, 50-yard backstroke: Derek Lamb.

15-18 boys, 100-yard backstroke: Jason Potnick.

7-8 girls, 50-yard freestyle: Devin Jensen, first place; Caroline Yarber, second place; Patricia Andrews, third place.

9-10 girls, 50-yard freestyle: Stacey Paige.

11-12 boys, 100-yard freestyle: Jeff Burt, first place; Jason Burt, second place; Ricky Mancha, third place.

13-14 girls, 100-yard freestyle: Jamie McCall.

15-18 boys, 100-yard freestyle: Jason Potnick.

7-8 girls, 25-yard breast stroke: Jennifer Alander, first place; Patricia Andrews, second place.

7-8 boys, 25-yard breast stroke: Joseph Simpson, first place; Kevin Ericson, second place; William Beatty, third place.

BRIDGETTE TACDOL & STACEY PAIGE smile after their win in the 9-10 year old girls 100 yard freestyle relay

9-10 girls, 25-yard breast stroke: Bridgette Tacdol, first place; Melissa Ridge, second place.

11-12 boys, 50-yard breast stroke: Jason Burt, first place; Troy Blacklaw, second place.

13-14 boys, 50-yard breast stroke: Villalobas.

15-18 boys, 100-yard breast stroke: Collin Jensen.

7-8 girls, 25-yard butterfly: Jennifer Alander, first place; Devin Jensen, second place; Yarber, third place.

9-10 girls, 25-yard butterfly: Barbosa, first place; Paige, second place.

11-12 boys, 50-yard butterfly: Jeff Burt, first place; Estrada, second place.

13-14 girls, 50-yard butterfly: McCall.

15-18 girls, 50-yard butterfly: Cheryl Alander.

15-18 boys, 50-yard butterfly: A.J. Kanelos, first place; Jason Potnick, second place.

7-8 girls, 100-yard freestyle relay: Devin Jensen, Jennifer Alander, Patricia Andrews and Caroline Yarber, first place; and Malinda Bouche, Lindsey Rodgers, Leslie Glidden, and Sarah Virgen, second place.

7-8 boys, 100-yard freestyle relay: Eric Tolle; Kevin Ericson; William Beatty; and Joey Simpson.

9-10 girls, 100-yard freestyle relay: Micaela Barbosa; Bridgette Tacdol; Alisha Grottkau; and Stacey Paige.

11-12 boys, 200-yard freestyle relay: Matthew Estrada; Ricky Mancha; Jeff Burt; Jason Burt.

13-14 boys, 200-yard freestyle relay: Alex Villalobas; Tony Barbosa; Derek Lamb; Kelin Jensen.

Learn to row, locally—

The River City Rowing Club will be hosting a two-week high school rowing camp July 15 through 26, between 5:30 and 7:30 p.m., at the Port of Sacramento in West Sacramento.

The camp is open to students in grades eight through twelve. Both males and females, from all area high schools, are invited. The cost is $75, and financial aid is available.

Students will learn the basics of the sport of rowing, a popular college, Olympic and recreational sport. To sign up and/or for more information, please call John at 371-7723.

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Sports Quiz
by Larry Duncan

1. From what two English games did baseball derive?
2. What are raced at Brands Hatch?
3. What four-time National League batting champion was killed in a plane crash on Dec. 31, 1972?
4. What color is the danger flag in auto racing?
5. What golfer is nicknamed "The Golden Bear"?
6. For what baseball team did Ernie Banks play his entire career?
7. How many balls are there in a cricket wicket?
8. How many consecutive misses eliminate a high jumper?

Answers On Back Page

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Cindy & Roger Cagle
Izzie's Tri-C Body-n-Frame
West Sacramento Hotel-Motel Assoc.
Deanna & Tom Kigar
Patricia Lamb
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Supply Hardware
Taber Consultants
Martinez & Kaminski Law Firm
June & Arlan Cagle
El Rancho Fabric Care
West Sac. Firefighters Assoc.
Rod Transport
Ram-Rog Western Tools & Equipment
West Sacramento Land Co.
Sierra Pacific Fleet Services
Hume and Company
Ditch Witch Equipment
Gorman's Stationery
Gregory Potnick
West Sac. Police Officers Assoc.
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Bud Johnson
Ralph & Roberta Moody
Susan Marable
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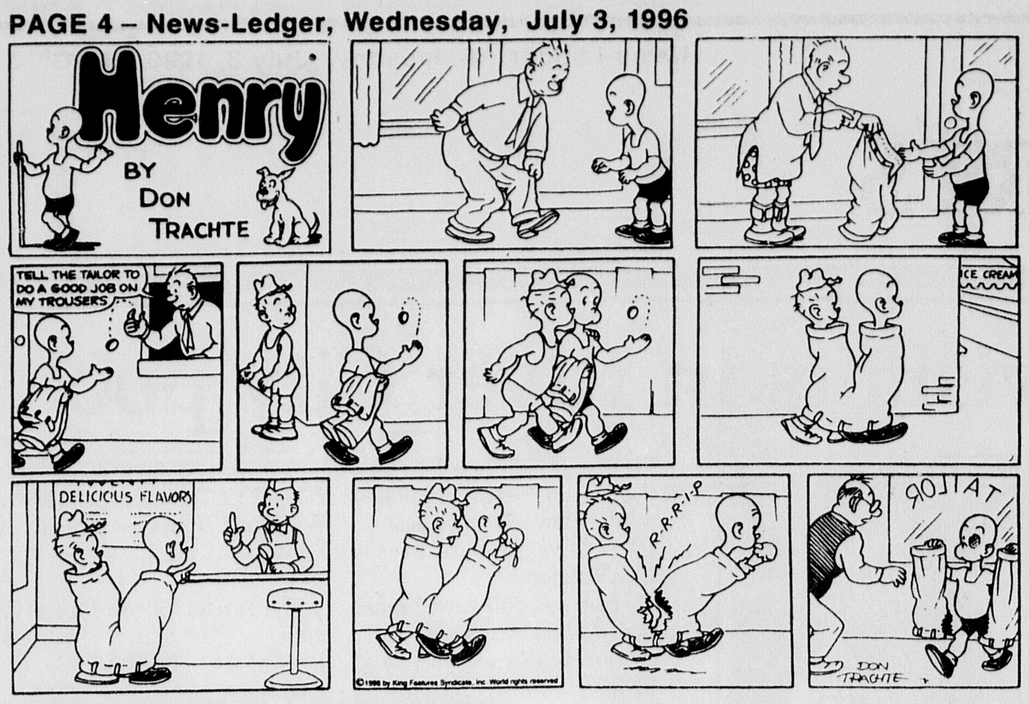
Kruse Construction
Susan & Barry Blacklaw
Gordon & Sylvie Jensen
Steve Rankin
Mark & Terri McCall
Robin & Loren Alander
Sacramento Stucco
Ladies Auxiliary, VFW Post 8762
VFW Hall Post 8762
15th St. Market
Citi-Donuts
City of West Sacramento
Washington Unified School District

Special thanks to Richard A. Usrey for all his hard work & dedication to this team. Without him, this team would not be together.

Your generous donations have helped to provide a safe and fun environment for the children of our community to be involved in.



BUTCH AND DOUGIE by ALEX HOWELL

I SUPPOSE YOU'RE WONDERING WHAT I'M DOING.
I'M PUTTING MR. POTATO HEAD PARTS ON A TOMATO!
SEE!
?
NOW WE KNOW WHY THERE'S NO MR. TOMATO HEAD!
Alex Howell

BRINGING UP FATHER
by FRANK JOHNSON
JAMES! GET THE CAR READY! I'LL BE DRIVING TO TOWN!
YES, MADAM!
I'LL HAVE THE AUTO REPAIR SHOP STANDING BY!
VERY FUNNY!
I'M GOING SHOPPING! I NEED SOME MONEY!
WAIT A MINUTE!
YOU'VE BEEN SPENDING TOO MUCH MONEY LATELY! THIS HAS GOT TO STOP!
EVERY TIME I ASK FOR MONEY, WE GO THROUGH THIS SAME SONG AND DANCE!
SOMETIMES I THINK YOU LOVE MONEY MORE THAN YOU LOVE ME!
WELL, DO YOU?
I'M THINKING!

POPEYE
by ELZIE SEGAR
ALLOW ME TO INTRODUCE MYSELF...
...I'M THE RESTAURANT REVIEWER FOR THE 'SWEETWATER GAZETTE'
IF I GIVE YOU FOUR STARS YOUR CAFE WILL BE THRONGED IN A FORTNIGHT!
WELL THEN...LET ME TREAT YOU TO A REPAST!
THAT'S FUNNY HE ONLY ORDERED HAMBURGERS AN' SOUP...
COULD IT BE...? NAH IT COULDN'T BE!
I SAY...GARCON! THERE SEEMS TO BE A FOREIGN SUBSTANCE IN MY SOUP...
DO YOU HAVE ANY IDEA WHAT IT MIGHT BE?
IT LOOKS LIKE A MUSTACHE...
YOU MAY REST ASSURED, SIR, MY REVIEW WILL REFLECT THE MALTREATMENT OF YOUR CLIENTELE!

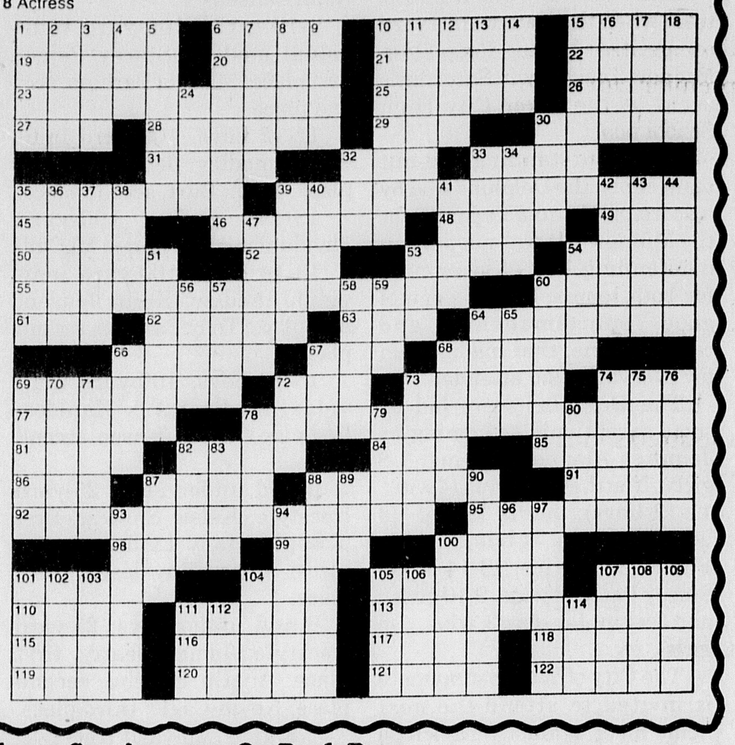
FLASH GORDON
Written By Thomas Warkentin
HIGHNESS, I'VE SENT THE PICTURE OF FLASH GORDON TO OUR POLICE HERE ON DRAKAR AND TO OUR UNITS ELSEWHERE...
ALONG WITH THIS ARTIST'S SKETCH OF THE MAN WHO WAS WITH HIM, DRAWN FROM STARK'S DESCRIPTION.
STARK SAID THE LIKENESS IS VERY GOOD.
SO THIS IS A NEW ALLY OF MY OLD ENEMY.
TIGHTEN SECURITY AT OUR SPACEPORTS.
DOUBLE PERSONNEL ON SPACEWATCH...
IF THAT OLD MONGO SHIP ENTERS THIS SYSTEM, I WANT TO BE INFORMED IMMEDIATELY.
SURELY TWO MEN IN AN OLD SHIP ARE NO THREAT TO US.
MING'S PALACE ON THE PLANET DRAKAR...
FLASH GORDON IS NO ORDINARY MAN, HE HAS A TALENT FOR MAKING TROUBLE.
WE DON'T KNOW THAT HE'S COMING HERE.
KLEIS, DO YOU QUESTION MY INTUITION?
CERTAINLY NOT, HIGHNESS.
I WANT YOU TO INTERVIEW THE TWO PRISONERS STARK BROUGHT BACK, THE WOMAN AND THE BRUTE...
IMPLEMENTED INTERROGATION, A DEEP PROBE, WITH EMPHASIS ON ANYTHING THEY KNOW ABOUT FLASH GORDON.
UNDERSTOOD
NOW LEAVE ME, I NEED TO THINK.

GEORGE by MARK SZORADY

Super Crossword

ACROSS
1 Singer Lou
6 Movie pooch
10 Give one's eyeteeth for
15 Frosh's nemesis
19 Postulate
20 Swing a sickle
21 Send a check
22 Duel tool
23 "Sayonara" Oscar winner
25 "Uncle Tom's Cabin" character
26 Campus area
27 Tankard fill
28 Genesis disaster
29 Pitch in
30 Fresh from the trail
31 Celt
32 Patronized a pizzeria
33 Actual
35 Heebie-jeebies
39 Ecclesiastic
45 Sedgwick or Adams
46 Dieter's portion
48 Composer Satie
49 Spelling contest
50 Dramatist Edward
52 Yalie
53 Shortly
54 Coarse flour
55 The Searchers hit
60 "All That Jazz" director
61 Miscalculate
62 Villainous Vincent
63 Bolger or Liotta
64 'Twixt 9 and 12
66 Mountain mover?
67 Pewter base
68 It may be eaten or drunk
69 Women's wear
72 "How the West — Won"
73 French seaport
74 Objective
77 Sonata movement
78 E.C. Segar comic strip
81 Parched
82 Manhattan district
84 NASA affirmative
85 Annoys
86 — -Cat (winter vehicle)
87 Charlie's fourth
88 Like this clue
91 Delany or Wynter
92 Be in a precarious state
95 Delights
98 Cash on credit
99 Mr. Lucky's card
100 Zone
101 Actor Willem
104 Ski wood
105 They'll hold water
107 Arafat's grp.
110 Son of 118 Across
111 He went through hell
113 Convulsed with laughter
115 Bloomsbury buggy
116 Take in, perhaps
117 "Zip- — - Doo-Dah"
118 Architect Saarinen
119 Trot or trotter
120 Wet
121 Get smart
122 Rene of "Outbreak"

DOWN
1 — avis
2 67 Down maneuver
3 Extensive
4 Badminton stroke
5 Mascara mishap
6 Naive
7 Asian capital
8 Sharp taste
9 Basilica area
10 '85 Peter O'Toole film
11 It may be comic
12 In the thick of
13 Namely: abbr.
14 LAX letters
15 "The Empire Strikes Back," e.g.
16 Artistic output
17 Swamp stuff
18 Actress Lamarr
24 Rip
30 Sturdy fabric
32 Sue — Langdon
33 "Comin' — the Rye"
34 Harness part
35 Astrologer Dixon
36 Sluggard
37 Romulus' river
38 Prepared to drive
39 "Now We Are Six" author
40 Fervent
41 Some bills
42 Stout
43 Bedevil
44 Paris' prize
47 TV host Robin
51 City on the Rio Grande
53 "Ask — Girl"
54 Reformer Lucretia
56 "Clinton's Ditch"
57 Tends a tot
58 Periscope part
59 Smith of Rhodesia
60 "The Addams Family" uncle
64 Meter reader?
65 Spate
66 Animated Elmer
67 Skater Babilonia
68 Journeys
69 Audacious
70 "— Doone"
71 Salad ingredient
72 "— Can It Be Now?"
73 Bank deposit?
74 Reference volume
75 "Goodnight" girl
76 Buttes
78 Demonstrative pronoun
79 Silents' vamp
80 Radames' love
82 Versatile bean
83 — even keel
87 Bassoon relative
88 Robin Hood's hobby
89 Average grade
90 Folklore figures
93 Dismal
94 Step on it
96 Director Riefenstahl
97 Spring holiday
100 Fatheads
101 Johnny of "Don Juan DeMarco"
102 Dynamic start?
103 Kukla's colleague
104 Pro foe
105 Prejudice
106 "— partridge in ..."
107 Sweater letters
108 Tun throwaways
109 Christiania, today
111 Patriotic org.
112 Chicken — king
114 Actor Gulager



Please See Answers On Back Page

MagicMaze

— SIGN

P F C Y V R L O L H E H E B X
U R O L I E B L Y C G V S Q N
K H E B Y W T R A F F I C E T
R O L J G E B E S C Y N H L W
U R P N K I P T G D A O R A D
B Z X V S Q O N O L M I K S I
G E C A Y P L U S A T S D R W
U S Q P N L J O H U F I E O C
A Y X V U S Q C P Q N V X F Z
N M K J H F E C S E M I T E B
Z Y X V U T R A L L O D M R Q

Find the listed words in the diagram. They run in all directions-forward, backward, up, down and diagonally.

Call, Counter, Division, Dollar, Equal, Exit, For sale, Minus, Peace, Plus, Road, Stop, Times, Traffic, Zodiacal

Vision Teaser

Find at least six differences in details between panels.

Wishing Well®

7	6	5	2	5	6	2	8	3	8	5	4	5
A	B	A	Y	R	E	O	J	Y	O	E	E	W
4	5	7	4	3	7	3	2	7	5	8	4	3
X	A	C	P	O	C	U	U	E	R	Y	E	A
7	6	5	7	8	6	7	8	5	6	2	4	5
P	A	D	T	F	U	C	U	I	T	G	C	N
7	6	8	2	5	7	5	6	4	2	5	6	7
H	Y	L	I	G	A	C	E	T	V	A	N	N
5	7	6	4	6	8	5	2	3	6	2	6	3
R	G	D	C	U	D	E	E	I	R	C	E	D
7	8	2	6	8	7	2	3	5	2	4	3	5
E	A	O	S	Y	S	M	E	E	F	H	L	R
2	3	4	2	4	2	4	3	4	3	4	3	3
O	D	A	R	N	T	G	E	E	R	S	L	Y

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

challenger® THE INTERNATIONAL CROSSNUMBER GAME

By L. Pinn Maguire

DIRECTIONS:

Fill each square with a number, one through nine.
- Horizontal squares should add to totals on right.
- Vertical squares should add to totals on bottom.
- Diagonal squares through center should add to total in upper and lower right.

Today's Challenge

Time 12 Minutes 29 Seconds

Your Working

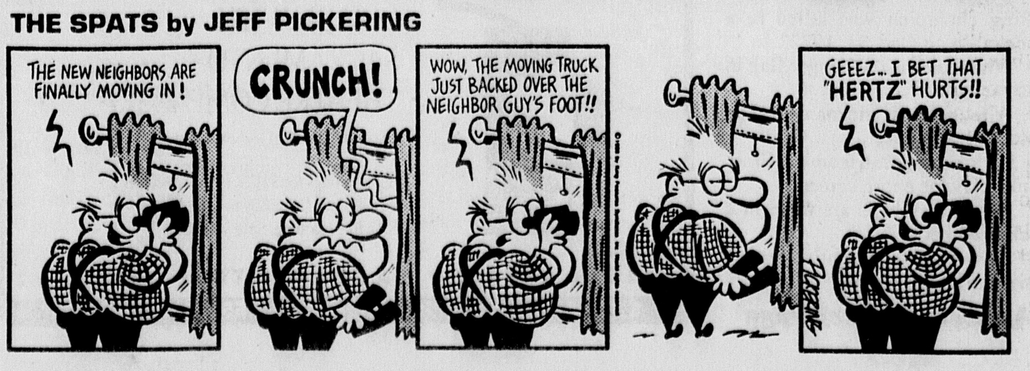
Time ____ Minutes ____ Seconds

				19
		8		30
7				16
	2			25
			4	14
28	13	15	29	15

OUT ON A LIMB by GARY KOPERVAS

EVER NOTICE HOW ACTRESSES WHO WANT TO PROVE THEY CAN REALLY ACT PLAY PARTS WHERE THEY DON'T WEAR ANY MAKE-UP?
IT'S LIKE THE HOMELIER A WOMAN MAKES HERSELF, THE MORE PEOPLE WILL THINK SHE'S A GREAT ACTRESS.
WHAT'S THAT?
THE ACADEMY AWARD.
KOPERVAS

THE SPATS by JEFF PICKERING


THE NEW NEIGHBORS ARE FINALLY MOVING IN!
CRUNCH!
WOW, THE MOVING TRUCK JUST BACKED OVER THE NEIGHBOR GUY'S FOOT!!
GEEEZ... I BET THAT "HERTZ" HURTS!!

OPINION

News-Ledger

'Gateway to Sacramento,' like it or not

We are in a paradox.

At the same time West Sacramento is publicly advertising its goals of becoming "the premier city of the Sacramento Valley," we are finding no easy victory in the battle against blight and the image problem it creates.

Yes, there are fewer prostitutes visible on the streets than there were a year ago. There are also three fewer adult bookstores than there were a few years back, and other signs of improvement.

But the "undesirable" element still walks the streets in large numbers, and they don't escape the attention of people checking out the city as a place to live, to do business or to invest.

This stands in somewhat stark contrast to the city's "premier city" goal and slogan.

Might it not be better to advertise the assets we already have, and not those assets we hope to someday have?

If so, chief among the assets West Sacramento ought to be bragging about is its proximity to the capital. Although it's a mite humbling to admit that the factor which will drive economic investment in West Sacramento is the city's closeness to someplace else, it is of prime importance to both residential and business development here.

We would be well advised to stress this closeness in all our marketing efforts, and to continually and loudly repeat that West Sacramento is just a few minutes from downtown Sacramento and the capitol building. There are those in Sacramento to whom the river that separates us looks many miles wide; they need to be reminded that West Sacramento is close enough to be a good alternative to living or doing business in the capital.

■■■

The Solano County district attorney recently issued an opinion that the majority of the Fairfield City Council violated the state's open meeting law when four council members (a quorum) met privately with a local developer to discuss the businessman's development concerns, which fall into the jurisdiction of the council.

One of the four errantly stated that the violation seemed to fit into a "gray area" in the state law, since the council members did not take any votes and only listened to views being expressed. Not so. City councils and other bodies are prohibited from taking official testimony, as a quorum, outside of public meetings.

As tempting as it might be to compare the Fairfield incident with a certain 1990 incident involving four West Sacramento city council members, some developers, and a local restaurant banquet room, the News-Ledger will hold its tongue.

Hats off to the D.A. in Solano, though. Although seeing no reason to pursue the possible violation, the D.A. at least had the wisdom and guts to call a spade a spade so that the community can learn from its mistakes and move on.

■■■

Letters to the Editor

Golf success

The Knights of Columbus Council #7634 are happy to announce that the 11th Annual Knights of Columbus Golf Tournament of June 2, 1996, was a huge success, the best ever.

We know that this could not be possible without the support of the business community and of course the participants.

We would like to thank each of you that contributed to this year's tournament and hope to see you next year.

PAUL J. CARNEY, Grand Knight, and
FRED A. PIERINI, Tournament Chairman
Knights of Columbus #7634
West Sacramento

Christian nation

There have been many changes in the United States of America since that first July fourth celebration two hundred twenty years ago.

This nation has grown in many ways. It has become a strong nation, made up of people from all corners of the Earth. A nation that has had its struggles and its share of problems, but over the last two hundred years, has proven to be the most stable and strongest nation on our planet.

How did that happen?

This nation was born out of a love and devotion to God.

Those first Pilgrims to settle here were driven by a need to worship without interference.

As our nation grew, so did it's dependency on God.

Our Constitution is a good example of how our nations forefathers relied on God and depended on Him for guidance in all aspects of government.

"A nation which does not remember what it was yesterday, does not know what it is today, nor what it is trying to do. We are trying to do a futile thing if we do not know where we came from or what we have been about...America was born a Christian nation." (Woodrow Wilson, 1913.)

It's very obvious that this country is not as stable as it was just forty years ago. Could it be we have become less and less dependent on God and His will in this country?

Just look at what has happened to society since we, as a nation, have turned our backs to Bible-based thinking.

It's not too late to take a stand, for our country, ourselves, and our children! It can be turned around.

The Bible says all things are possible with God.

It also says we should pray for those in authority over us.

God does answer prayer...Won't you join us in asking God to open the way for this country to once again be "One Nation Under God"?

We as a body of believers can make a difference through prayer. That is a Biblical fact! We need to pray daily for our country, state and city, and for all those people God has placed in authority. God can make the difference!

May God bless you and have a great day in the Lord!

And may God bless the U.S.A.!

God loves you and we love you.

PASTOR J.C. MYERS, III
Joy Christian Ministries
West Sacramento

The News-Ledger: over 30 years of service to the West Sacramento community

Stay tuned for the River City High School Review. Coming again this fall -- only in the News-Ledger.

Your thoughts are welcome

Your submission's are always welcome to the News-Ledger opinion page.

Letters to the Editor should be brief and must include the author's name and signature. Phone number and address must be included for verification purposes. Except in unusual circumstances, authors' names will not be withheld from publication, and pseudonyms are not permitted. The News-Ledger will attempt to print letters in their entirety, but reserves the right to edit for length or for libelous or objectionable content. Deadline is Friday at 5 p.m. Please mail them to the News-Ledger, P.O. Box 463, West Sacramento, CA 95691, or drop them off at the News-Ledger office, 816 Westacre Rd.

"Sound Off!" comments should be very brief. They may be phoned in to 371-8055, and deadline is Monday. Please note that for reasons of fairness, and because of the anonymous nature of the "Sound Off!" comment line, subject matter is restricted. No criticisms or political campaigning in "Sound Off!," please, although that kind of subject matter may be appropriate for signed letters to the editor. Comments may be edited for length or objectionable content.

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- Advertisement - - Advertisement - - Advertisement -

Get Connected!

Advertiser's Profile

As the newly incorporated city of West Sacramento has begun to expand, the child care options for its many employees have not. **Caring Connection Children's Center** bursts into action as the only child care center in West Sacramento that offers care for children under the age of two. Just opened on June 24 at 703 West Acre Rd., **Caring Connection** is licensed for 11 infants and toddlers (6 weeks to 2 years) and 30 children (2 years and up).

Caring Connection's cottage-style facility boasts a warm shady and ivy covered exterior. Complete with a coded security entrance which allows parents access at any time, while visitors must be greeted. The newly remodeled interior has integrated the fun of childhood with the demands of cleanliness and the order of parents. Julie Jenkins, the Director, has been in the child care business in neighboring 'downtown Sac' for many years. Ms. Jenkins has been nominated three times for Provider of the Year by the Child Care Coalition, and acts as a Consultant and ECE speaker for teachers and administrators, statewide. Now, her skills cross over the bridge into our newly growing West Sacramento.

JULIE JENKINS, Director of the Caring Connection, with Sage (14 months) and Alex (2 years).

Caring Connection also has piloted a program which discounts rates to employer supporters. This program, Company Child Care Connection, is the brainchild of Owner David Sathe and Director Julie Jenkins. Employers who have not yet been contacted or who missed the opportunity to participate as an Employer Supporter may be missing the proverbial boat. This program offers employee discounts in child care without major financial strings. That's news! For employers who cannot build their own child care facility, this is the plan! You can still contact the Director, Julie Jenkins, at 348-7864 or 371-3301.

Caring Connection's program will include full day care: an infant and toddler program and full preschool and day care program. Breakfast, lunch and three snacks are included within the tuition costs. Diapering needs are even provided.

What makes **Caring Connection** different?

"It's the level of excitement, creativity and understanding that makes the difference," says Ms. Jenkins. "It's scarf dancing, pudding painting and blowing bubbles to rock 'n roll."

Taking a deep breath, she continues, "It's barefooting-it through a tub of cooked spaghetti noodles to get a better understanding of squishy! That's learning!! Kids can be ABC'd right into boredom. **Caring Connection** kids will learn through joy and delight and awareness of all around them!"

To the delight of many parents who live or work in West Sacramento, having a child care center which boasts such quality near their work place will allow them an additional measure of time spent with their children, and keep them in quick access should the need arise. Employers, of course, benefit from the productivity increase of employees who have a renewed peace of mind about their children's care while they are at work. **Caring Connection** is located at 703 West Acre Road. Visitors are encouraged to visit any time!

Julie Jenkins, director of Caring Connection, may also be reached at 348-7864 or 371-3301.

Bilingual students, teaching aids are sought

From Nan Lorenzen
Division of Education
UC Davis

Fifteen bilingual undergraduates at UC Davis and teaching aides in Yolo County schools are being sought to participate in the Bilingual Teacher Recruitment Program, a partnership between the Division of Education at UC Davis and Yolo County Schools. The newly formed Recruitment Program is structured to enable participants to experience the "joys and challenges of the teaching profession in a mentored envrionment," according to Barbara Merino, UC Davis diretor of teacher education and co-coordinator of the program.

The goal of the program is to increase the number of UC Davis students who will be prepared to enter a Teaching Credential Program upon completion of their B.A. or B.S. degrees and, in turn, to increase the number of bilingual teachers in the schools.

According to the California Department of Education, the population of teachers who are prepared to teach limited English proficient students has not kept pace with enrollments of these students, both in Yolo County and the state as a whole.

Only 40 percent of K-12 students who need classroom instruction in their primary language to keep pace in learning mathematics, social studies, science and language arts are now receiving such instruction from qualified teachers.

Languages spoken by K-12 students in Yolo schools include Spanish, Punjabi, Hindi, Hmong, Mien, Tagalog, Cantonese and Russian. In order to attract participants who reflect this rich variety of languages, the Davis undergraduates will be recruited from relevant student organizations and majors, and bilingual teaching aides will be recruited from school districts in Yolo County.

The grant, primarily from the California Department of Education, is designed to support students with stipends until they gain their teaching credential.

Merino stressed the importance of providing rich teaching experiences as part of successful recruitment of future teachers. If potential teachers are given the opportunity to develop a sense of the joys and challenges of teaching wile participating in a supportive, mentored teaching program, they are more likely to decide on a career in education, she commented.

Participants will gain teaching experiences by taking part in small group instruction in classrooms supervised by Yolo County school personnel. Their teaching will be supported as they are trained in effective curricula and instructional strategies in linguistically diverse classrooms.

Participants will also take courses offered by the Division of Education and will mentored by Division faculty.

The Bilingual Teacher Recruitment Program will be integrated with other undergraduate programs at the Division of Education that are also attracting more linguistic and culturally diverse teaching candidates as well as more teachers for science and mathematics education and more male teachers for elementary education.

These programs include Mini Corps, California Alliance for Minority Participation, Mathematics Internship, Teacher Education Partnership Program, and the Undergraduate Internship Program in Education. All combined, these programs are successfully broadening the demographic representation of UC Davis teaching credential candidates.

Applications are available from Cathy Lemmon, co-coordinator of the program, at the Yolo County Office of Education, 668-3705.

Additional information is available from Judy MacDonald at UC Davis, 752-0757.

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HELP from p. 2

holders that are seriously delinquent and see no change in their financial situation.

All of these classes are offered on a regular schedule with no reservations necessary on a first-come, first-served basis. Workshops are held at the CCCS Main Office, 11130 Sun Center Drive, Suite D, in Rancho Cordova. The workshops are free, so arrive early to ensure a seat.

Consumer Credit Counseling Service is a non-profit, HUD approved counseling agency with on-going credit education efforts in the local community.

For additional information on any of the programs or counseling services offered by CCCS call 638-5037.

RENTERS from p. 1

Kigar said that these efforts are partly due to the corporation's desire to rent its units as quickly as possible, and said it is really "too early to tell" whether West Sacramento has reached and passed a saturation point in the availability of low income housing.

The Washington Courtyards Project, as well as the corporation's prior West Capitol and Maple/Holly housing projects, were built out of legal responsiblities from public involvement in the Lighthouse development and the conversion of the former Vacation Inn to senior citizens' housing -- both projects currently in limbo.

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Police logbook

June 29, 1:41 a.m.
A woman caller reported that her sister had threatened to kill her child, and to kill the caller and her husband while the slept. The sister was suffering a 'nervous breakdown,' she said, and had fled on foot.

July 1, 2:34 a.m.
A man said he and friends had been jumped by some suspects in the Todhunter area. He had been hit on the head with a tire iron. A witness reported that the victim and his friends had struck first before being beaten.

July 1, 9:24 a.m.
A woman on Duet Dr. reported her husband had not come back two nights ago. After going to Rio Linda for a car part, he had called to say he had run out of gas, but did not show up again.

July 1, 9:29 a.m.
A man reported that he had parked his truck near South River Road and it had been burglarized.

July 1, 10:02 a.m.
On Hickory St., a separated couple was fighting. The 20-year old man had slapped their children and cut up his wife's clothes. Police worked out an agreement for the man to leave the premises.

July 1, 10:44 a.m.
A 19-year old woman came to the police station and said she had run away from home in Oklahoma and wanted help getting back.

July 1, 1:37 p.m.
On Westacre Rd., a man was reported to be masturbating near a fast food restaurant.

July 1, 5:48 p.m.
On Alabama Ave., a woman phoned 9-1-1 to say her son and her husband were fighting, and while they were wrestling, the son was trying to get a 9 m.m. pistol out of its case. A second son got control of the weapon and locked it up.

July 1, 6:27 p.m.
On 5th St., a caller reported that a pressure cooker had exploded causing burn injuries to two people.

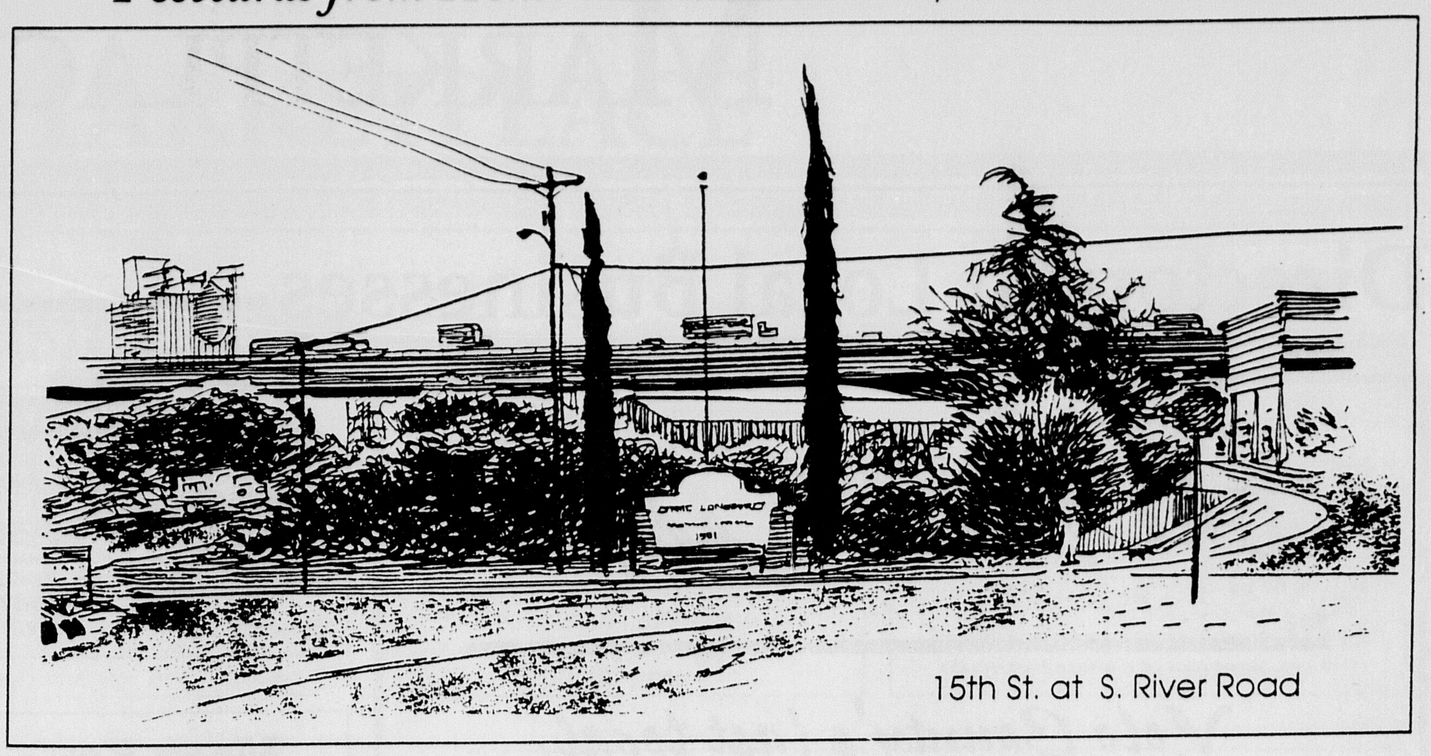
July 1, 7 p.m.
Kids were reportedly throwing ducklings and kicking ducks at a pond near Linden Road.

July 1, 7:11 p.m.
A man was arrested after exposing himself at a West Capitol area shopping center.

July 2, 12:13 a.m.
A Maple St. apartment complex requested a vehicle in the parking lot be towed. The car turned out to have been stolen out of Sacramento. When a tow truck arrived to remove it, a resident emerged from an apartment and asked why it was being towed. The towing company left, and called police. Witnesses reported the 22-year old subject had gone into a particular apartment. He was found, and items belonging to him were found in the car. He was arrested.

July 2, 5:50 p.m.
A victim reported having a 10-speed bicycle stolen. An officer saw a suspect riding it, and witnesses saw the subject stash it in some bushes. The suspect was arrested.

Postcards from Home — by JUSTIN GREEN



Summer reading program for local kids

Attention all children! Summer reading has arrived at the Arthur F. Turner Branch Library. All school-aged children are encouraged to participate in the following events:

Arts & Crafts, July 3, at 1 p.m.; Creative Dramatics, July 10, at 1 p.m.; Goosebumps 101, July 15, at 7 p.m.; Puppeteer Marylou Linvill, July 17, at 1 p.m.; Wonderful Wizard of Words, Jim Jayes, July 24, at 1 p.m.; The Story Behind Sallie Fox, Dorothy Leland, Davis Author, July 31, at 1 p.m.; Chocolate Fever, August 5, at 7 p.m.; Olympic Sports, Ken Norlen, UCD Coach and Field Athlete, August 7, at 1 p.m.

A reading club is open to readers and non-readers. Prizes will be awarded for books read this summer, and include a free book and free pizza from Round Table.

Preschool storytime has begun for all three to five-year-olds. Wednesdays 10:30 to 11 a.m. in English and 11 to 11:30 a.m. in Spanish, and on Thursday evenings at 7 p.m. in English. Stories, felt board stories, finger plays, activities, songs and more will be presented at the eight weeks of programs.

Programs are sponsored by the East Yolo Friends of the Library. The Turner Branch Library is located at 1212 Merkley Avenue in West Sacramento. For more information, please call 375-6465.

Preschool opportunities through local school district

From the Washington Children's Center West Sacramento

During the 1996-97 school year the Washington Unified School District Child Development Program will be offering eight parent participation preschool classes at six school sites. The Bryte Preschool consists of a morning and afternoon class on the year-round schedule, Track A. The other six classes are on the traditional schedule. Westmore Oaks Preschool has both a.m. and p.m. sessions. Evergreen is a morning class. Alyce Norman, Elkhorn, and Westfield have afternoon classes. The Elkhorn Preschool offers a Spanish language program. Currently, we have openings at all school sites.

The program includes 3 1/2 hours of instruction, including lunch, five days a week, Monday through Friday. If a family receives AFDC or has limited income, children may be eligible for preschool. Requirements include parent participation one day a week and a current TB skin test. Children ages 3 to 5 are eligible. Parents should call 375-7642.

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Public Notices

Continued from Page 8

session for that purpose from time to time until the business of equalization is completed.
Dated: July 1, 1996
PAULA M. COOPER
Clerk of the Yolo County Board of Supervisors
By: /s/PATTY CRITTENDEN
Clerk of the Assessment Appeals Board
July 3

NOTICE TO ADOPT A MITIGATED NEGATIVE DECLARATION

A Mitigated Negative Declaration has been prepared for the proposed Pacific Bell Mobile Services wireless communications tower at 1200 Linden Road, West Sacramento. This Mitigated Negative Declaration has been prepared to address the potential environmental impacts of a proposed wireless communications facility including a 64-foot high monopole tower and appurtenant equipment and improvements on property zoned Residential One Family/Water Front. The Mitigated Negative Declaration contains mitigation measures, which when implemented, will reduce the potential impacts to less than significant.

Copies of the Mitigated Negative Declaration are on file in the office of the West Sacramento Community Development Department at 1951 South River Road, West Sacramento, CA 95691 (telephone 916/373-5854).

Any affected or interested parties may comment on the Mitigated Negative Declaration before 5:00 p.m. on July 19, 1996 by calling or writing to Maria B. Wong of the Community Development Department at the above address and telephone number. Any affected party may also appear at the August 1, 1996 Planning Commission meeting and comment on the Mitigated Negative Declaration and/or the proposed project.

The West Sacramento Planning Commission will consider adoption of the Mitigated Negative Declaration on August 1, 1996 in the City Council chambers located at 2101 Stone Boulevard, West Sacramento, California, at 6:00 p.m., or as soon thereafter as the matter may be heard.
July 3

John Chapman was the real name of "Johnny Appleseed," the American pioneer who planted large numbers of apple trees along the frontier in the late 1700s and early 1800s.

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES

To Whom It May Concern:
ABOUBECHARA, John & Norma, MHASEB, Piere; MOUHASSEB, Joseph are applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at 1301 Merkley Ave., West Sacramento with an On-Sale Beer & Wine Eating Place license.
Department of Alcoholic Beverage Control
1111 Howe Avenue, Suite 550
Sacramento, CA 95825
July 3 10 17

NOTICE OF TRUSTEE'S SALE

APN: 014-540-21
LOAN NO: 271370-9
REF: HOGAN, RANDY & JESSICA CV
T.S. No. 002643
IMPORTANT NOTICE TO PROPERTY OWNER:
YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED JANUARY 27, 1987. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.
On July 16, 1996 at 9:00 A.M. CAL-WESTERN RECONVEYANCE CORP., a California corporation as duly appointed trustee under and pursuant to Deed of Trust recorded FEBRUARY 3, 1987 as inst. No. 2557, in book 1832, page 449, of Official Records in the office of the County Recorder of YOLO County, State of California executed by
EARL R. WILLIAMS AND VIOLA C. WILLIAMS, HUSBAND AND WIFE, AS JOINT TENANTS
WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE WILL BE HELD
ON THE STEPS OF THE COURT STREET ENTRANCE TO THE COUNTY COURTHOUSE, 725 COURT STREET, WOODLAND, CALIFORNIA
all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: COMPLETELY DESCRIBED IN SAID DEED OF TRUST
The street address and other common designation, if any, of the real property described above is purported to be: 1240 SACRAMENTO AVENUE, WEST SACRAMENTO, CA 95605
The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein.
Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust to wit: $37,424.90 with interest thereon from 11/01/95 @ 9.130% per annum as provided in said note(s) plus cost and any advances with interest. ESTIMATED TOTAL DEBT $41,424.12.
The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located.
FOR SALES INFORMATION: Mon-Fri 8:00am to 5:00pm
(619) 590-9200
CAL-WESTERN RECONVEYANCE CORP.
525 East Main Street
P.O. Box 22004
El Cajon, CA 92022-9004
(619) 590-9200
Dated: June 17, 1996
By /s/Thelma Alcantara
TRUSTEE SALE OFFICER
EXT. 3086
June 19 26 July 3

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 04/20/95. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE OF TRUSTEE'S SALE UNDER DEED OF TRUST Loan No. 30672920/Wisdom T.S. No. BC30043770 A.P. No. 46-143-04 Notice is hereby given that Beneficial Management Corporation of America as trustee, or successor trustee, or substituted trustee pursuant to the Deed of Trust executed by Don Wisdom and Janie Wisdom, husband and wife, as Joint Tenants. Recorded on April 25, 1995 as Instrument # 95-0008769-00 March 6, 1996 of Official Records in the office of the County Recorder of Yolo County, California, and pursuant to the Notice of Default and Election to Sell thereunder Recorded on as Instrument #5733 of said Official Records, will Sell on 07/10/96 at 9:00 A.M. AT ON THE STEPS OF THE COURT STREET ENTRANCE TO THE COUNTY COURTHOUSE, 725 COURT ST., WOODLAND, CA at public auction, to the highest bidder for cash (payable at the time of sale in lawful money of the United States), all right, title, and interest, conveyed to and now held by it under said Deed of Trust in the property situated in said County and State and described as follows: The North 1/2 of Lot 394, Jefferson Subdivision of West Sacramento Co. Properties, filed August 8, 1913, in Book 2 of Maps, Page 85, Yolo County Records. The street address and other common designation, if any, of the real property described above is purported to be: 3490 Hilary Avenue, West Sacramento, CA 95691 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is $58,407.02 In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed until funds become available to the payee or endorsee as a matter of right. Said sale will be made, but without covenant or warranty, express or implied regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed, advances thereunder, with interest as provided therein, and the unpaid principal of the note secured by said deed with interest thereon as provided in said Note, fees, charges and expenses of the trustee and of the trusts created by said Deed of Trust. We are attempting to collect a debt and any information we obtain will be used for that purpose. Beneficial Management Corporation of America, As Trustee By Standard Trust Deed Service Company, As Agent, 2600 Stanwell Drive, Suite 200 Concord Ca 94520 (510) 603-7340. By: Susan Seronello Assistant Secretary Dated: 06/12/96 RSVP 13456 6/19, 6/26, 7/3

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/05/93. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE OF TRUSTEE'S SALE UNDER DEED OF TRUST Loan No. 7105182/Clarke T.S. No. FFC044890 A.P. No. 45-510-10 Notice is hereby given that Standard Trust Deed Service Company as trustee, or successor trustee, or substituted trustee pursuant to the Deed of Trust executed by Jessica Anne Clarke, a single woman. Recorded on October 19, 1993 as Instrument # 033775 in book 2556 on page 682 of Official Records in the office of the County Recorder of Yolo County, California, and pursuant to the Notice of Default and Election to Sell thereunder Recorded on March 18, 1996 as Instrument # 96-0006887-00 of said Official Records, will Sell on 07/17/96 at 9:00 A.M. ON THE STEPS OF THE COURT STREET ENTRANCE TO THE COUNTY COURTHOUSE, 725 COURT ST., WOODLAND, CA at public auction, to the highest bidder for cash (payable at the time of sale in lawful money of the United States), all right, title, and interest, conveyed to and now held by it under said Deed of Trust in the property situated in said County and State and described as follows: Lot 85, Subdivision No. 2882, Milestone, filed August 12, 1980, in Book 12 of Maps, Page 1, Yolo County Records. Excepting therefrom, 100% of all oil, mineral, geothermal and similar rights, below a depth of 500 feet of existing surface elevation, but with no right of surface entry, as excepted in the Deed executed by West Sacramento Port Center, Inc., recorded May 26, 1978, in Book 1308 of Official Records, Page 597. Also excepting therefrom , the rights excepted in the Deed executed by Lewis Homes of California,, recorded April 10, 1990, in Book 2110 of Official Records, Page 673, as follows: "Also reserving therefrom unto Grantor, all minerals, oil, petroleum, other hydrocarbon substances and all underground water and all geothermal energy sources in or under or which may be produced from said land which underlies a plane parallel to and five hundred (500) feet below the present surface of said land. Such reservation specifically reserves in Grantor the rights of prospecting, exploration, development, production, extraction, and taking of said minerals, oil, gas, petroleum, hydrocarbon substances, water, and geothermal energy (and/or its sources) from said land by mines, wells, derricks, and/or other equipment from the surface locations on adjoining or neighboring land or lying outside of the above-described land; provided, however, that the owner of such mineral, oil, gas, petroleum, other hydrocarbon substances, water, and geothermal energy sources, as set forth above, shall have no right to enter upon the surface of said land nor to use said land or any portion thereof above said plane parallel to an five hundred (500) feet below the present surface of said land for any purpose whatsoever. The street address and other common designation, if any, of the real property described above is purported to be: 2676 Decker Way, West Sacramento, CA 95691 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is $104,498.08 In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed until funds become available to the payee or endorsee as a matter of right. Said sale will be made, without covenant or warranty, express or implied regarding title, possession or encumbrances or physical condition, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided therein, and the unpaid principal of the note secured by said Deed of Trust with interest thereon as provided in said Note, fees, charges and expenses of the trustee and of the trusts created by said Deed of Trust. We are attempting to collect a debt and any information we obtain will be used for that purpose. Standard Trust Deed Service Company, as Trustee 2600 Stanwell Drive, Suite 200, Concord, CA 94520, (510) 603-7340. By: Debbie Jackson Assistant Secretary Dated: 06/20/96 RSVP 13581 6/26, 7/3, 7/10

We are not satisfied to be right, unless we can prove others to be quite wrong.
—William Hazlitt

MARKETPLACE

Directory of Local Businesses

The News-Ledger:

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Public Notices

Fictitious Business Name Statement
Filed June 6, 1996
File No. 96-353

The following person is doing business as American Family Care, One Golden Shore Drive, Long Beach, CA 90802:

Molina Medical Centers, One Golden Shore Drive, Long Beach, CA 90802, a California Corporation.

This business is conducted by a corporation. The registrant commenced to transact business under the fictitious business name or names listed above on May 17, 1996.

/s/John C. Molina
Vice President
Molina Medical Centers

This statement was filed with the County Clerk of Yolo County on date indicated by file stamp above.

CERTIFICATION
I HEREBY CERTIFY THAT THIS COPY IS A CORRECT COPY OF THE ORIGINAL STATEMENT ON FILE IN MY OFFICE.

TONY BERNHARD
COUNTY CLERK
By Chris Contreras, Deputy
cns1389144
June 26 July 3 10 17

Fictitious Business Name Statement
Filed June 6, 1996
File No. 96-354

The following persons are doing business as A New Day, 117 W. Main St., Suite 3A, Woodland:

Nancy Burrage, P.O. Box 589, Esparto, CA 95627.

This business is conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on July 1, 1996.

/s/Nancy Burrage

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Tony Bernhard, County Clerk
Date: June 6, 1996
by: /s/Chris Contreras, Deputy Clerk
June 26 July 3 10 17

Fictitious Business Name Statement
Filed June 13, 1996
File No. 96-365

The following person is doing business as Short Cuts, 30003 Rd. 8 & I-5, Dunnigan, CA 95937:

Linda Gobel, Box 664, Maxwell, CA 95955.

This business is conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on July 1, 1996.

/s/Linda Gobel

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Tony Bernhard, County Clerk
Date: June 13, 1996
by: /s/Vikki Wittig, Dep. Clerk
June 26 July 3 10 17

Fictitious Business Name Statement
Filed June 6, 1996
File No. 96-350

The following person is doing business as Temptations, 825 Russell Blvd., Davis, CA 95616:

Ali Pahlavanian, 39720 Morning Dove Pl., Davis, CA 95616.

This business is conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on June 4, 1996.

/s/Ali Pahlavanian

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Tony Bernhard, County Clerk
Date: June 6, 1996
by: /s/Ana Morales, Deputy Clerk
June 26 July 3 10 17

Fictitious Business Name Statement
Filed May 28, 1996
File No. 96-328

The following person is doing business as New Noodle Express, 301 G St., Davis, CA 95616:

Zhen Yuan Chen, 7831 Cresentdale Way, Sacramento, CA 95823.

This business is conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on June 1, 1996.

/s/Zhen Yuan Chen

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Tony Bernhard, County Clerk
Date: May 28, 1996
by: /s/Ana Morales, Deputy Clerk
June 26 July 3 10 17

Fictitious Business Name Statement
Filed May 21, 1996
File No. 96-302

The following person is doing business as The Cleaning Services/TCS, 1309 College St., Woodland, CA 95695:

Carolee Enwald, 950 Fairview Dr., Woodland, CA 95695.

This business is conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on May 21, 1996.

/s/Carolee Enwald

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Tony Bernhard, County Clerk
Date: May 21, 1996
by: /s/Ana Morales, Deputy Clerk
June 26 July 3 10 17

NOTICE OF PUBLIC HEARING

The City of West Sacramento will conduct a public hearing on Wednesday, July 10, 1996, at 7:00 p.m., at the City Council Chambers, 2101 Stone Boulevard, 2nd floor, West Sacramento regarding the following:

The City has seven grants and a Revolving Loan Fund funded by grants from the State of California under the Small Cities Community Development Block Grant (CDBG) program. The meeting will be the final meeting for the close-out for the 1993 Rehabilitation Grant, close-out for the 1994 Planning and Technical Assistance Grant, and will cover Annual Grantee Performance Reports to the California Department of Housing and Community Development Department for:

93 STBG 702 Housing Rehabilitation Grant Close-out
94 STBG 830 Technical Assistance Grant Close-out
94 EDBG 301 Technical Assistance Grant
94 STBG 820 Housing Rehabilitation Grant
95 EDBG Technical Assistance Grant
95 STBG 932 Community Facilities Grant
95 STBG 962 Technical Assistance Grant
City CDBG Revolving Loan Fund

The City intends to apply to the State of California for $35,000 in grant funds from the Economic Development Allocation for a Planning and Technical Assistance Grant. The purpose of the grant is to conduct a furniture mart market and feasibility study. The proposed facility would lead to increased job opportunities for low-moderate income persons.

Consideration will also be given to applying for additional funds from the State under the Small Cities Program for activities in 1997.

The purpose of the hearing is threefold:

1) To inform the public of the City's progress in completing the work under its CDBG grants in relation to the objectives established for those grants, according to the requirement of state and federal law, and to accept public comment regarding the City's performance under these grants.

2) To solicit public comment for activities for which the City could apply under CDBG funding in 1997. The program is primarily designed to assist low income residents (those earning no more than the Yolo County Median Income) and can be used for a variety of housing, community development and economic development activities.

3) To accept public comment on the City's proposed Economic Development Planning and Technical assistance grant application for a furniture mart market and feasibility study.

The total amount of funds the City may apply for in one year is $800,000 or $1.2 million in any two consecutive years. The maximum grant the City may receive under the General Allocation or Economic Development Allocation is $500,000. The maximum amount the City may receive under the Planning/Technical Assistance Allocation is $35,000 for economic development and $35,000 for general or housing.

Written comments are invited and should be received no later than the day of the public hearing in July 10, 1996. Written comments may be sent to the attention of Mary Shearer or Dita Guth, 1102 Jefferson Boulevard, Suite D., West Sacramento, CA 95691. A public information file is available for review at this address.

All members of the community are invited to comment on the grant use and purposes, especially low income residents who benefit from the CDBG program. Neither the City, nor the State of California, discriminates on the basis of race, color, religion, national origin, sex, or disability. City Hall is handicapped accessible.

June 26 July 3

IN THE SUPERIOR COURT OF THE STATE OF CALIFORNIA IN AND FOR THE COUNTY OF YOLO
Conservatorship of the Person and Estate of PATRICIA McPHERSON, Conservatee
No. 19438
NOTICE OF CONSERVATOR'S SALE OF REAL PROPERTY AT PRIVATE SALE

NOTICE IS HEREBY GIVEN that Douglas A. Kaplan, Public Guardian of the County of Yolo, State of California, as conservator of the person and estate of Patricia McPherson will sell at private sale, subject to confirmation by the Superior Court of Yolo County, to the highest and best bidder, under the terms and conditions hereinafter mentioned on JULY 22, 1996, at the hour of 11:00 a.m. or thereafter within the time allowed by law, at the Office of the Public Guardian of Yolo County at 400 Court Street, Woodland, California, all the right, title, interest and estate of said Patricia McPherson, in and to the real property situated in the City of West Sacramento, County of Yolo, State of California, commonly known as 2328 Diablo Street, West Sacramento, California, and more particularly described as follows:

Lot 189, Arlington Oaks Unit Two, as shown on the map on file in Book 1423, Page 578 of Maps in the office of the County Recorder of Yolo County, California.

The terms of the sale shall be as follows:

1. Such purchase is subject to covenants, conditions, restrictions, reservations, rights, rights of way, easements, and encumbrances of record, and any deeds of trust.

2. Buyer shall pay for escrow costs.

3. Any examination of title, recording of conveyance, title insurance policy and documentary transfer tax shall be at the expense of the Buyer.

4. Current taxes shall be prorated as of the date of confirmation of the sale.

5. Ten percent (10%) of the amount of total purchase price, or other amount agreed upon by the undersigned, must accompany the offer and the balance to be paid on confirmation of sale by the Superior Court.

All bids and offers must be in writing and will be received at the Office of the Public Guardian of the County of Yolo, State of California, at 400 Court Street, Woodland, California, 95695, or bids may be filed in the Office of the Clerk of the Superior Court, at any time after the first publication of this notice and before the making of said sale. The undersigned reserves the right to reject any and all bids.

6. If escrow does not close within sixty (60) days of the confirmation of sale, Seller will have the option of cancelling the sale, and retaining all or part of the deposit as damages.

7. The property is to be sold on an "as is" basis, except as to title.

For further information and bid forms, apply at the Office of the Public Guardian of the County of Yolo.

Dated: June 17, 1996.
DOUGLAS A. KAPLAN
Conservator of the Person and Estate of Patricia McPherson
June 26 July 3 10

Fictitious Business Name Statement
Filed June 11, 1996
File No. 96-359

The following persons are doing business as Downtown Shell Automotive Center, 435 G St., Davis, CA 95616:

Jessie Chhina, P.O. Box 402, Willows, CA 95988; Kirandeep K. Chhina, P.O. Box 402, Willows, CA 95998, 1300 W. Wood St., Willows, CA 95988.

This business is conducted by Husband and Wife. The registrant commenced to transact business under the fictitious business name or names listed above on July 1, 1996.

/s/Jessie Chhina

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Tony Bernhard, County Clerk
Date: June 11, 1996
by: /s/Ana Morales, Deputy Clerk
July 3 10 17 24

Fictitious Business Name Statement
Filed June 17, 1996
File No. 96-372

The following person is doing business as 1.) Sequoia Enterprises, 2.) Sequoia Graphics, 1411 West Covell Blvd., Suite 106, Davis, CA 95616:

David A. Oei, 2306 Loyola Dr., Davis, CA 95616; Ali Tehranian, 2950 Portage Bay West #302, Davis, CA 95616.

This business is conducted by a General Partnership. The registrant commenced to transact business under the fictitious business name or names listed above on July 4, 1996.

/s/David A. Oei
/s/Ali Tehranian

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Tony Bernhard, County Clerk
Date: June 17, 1996
by: /s/Vikki Wittig, Deputy Clerk
July 3 10 17 24

Fictitious Business Name Statement
Filed April 5, 1996
File No. 96-216

The following person is doing business as Caring Connection Children's Center, 703 Westacre Rd., West Sacramento, CA 95691:

David Lee Sathe, 4249 Glascow Dr., North Highlands, CA 95660.

This business is conducted by n Individual. The registrant commenced to transact business under the fictitious business name or names listed above on April 4, 1996.

/s/David L. Sathe

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Tony Bernhard, County Clerk
Date: April 5, 1996
by: /s/C. Martinelli, Deputy Clerk
July 3 10 17 24

NOTICE OF HEARING
JULY 18, 1996

The West Sacramento Planning Commission will consider the following matters on Thursday, July 18, 1996, in the City Council Chambers located at 2101 Stone Boulevard, West Sacramento, California, at the times as specified or as soon thereafter as the matters may be heard:

6:00 p.m.
Item #1
Zoning Administrator Actions
Item #2
Proposed Changes To City Ordinances

Zoning Task Force report on carports and proposed changes to City ordinances dealing with development agreements.

Item #3
Variance #05-96

This applicant seeks a variance from the zone text requirements of screening outdoor storage, landscaping 2% of the site and street canopy requirements. The property is located at 2901 Industrial Boulevard (APN 67-180-11). This project is categorically exempt according to the CEQA. OWNER/APPLICANT: Port of Sacramento, P.O. Box 980070, West Sacramento, CA 95798-0070.

Item #4
Presentation and discussion of Resolution 96-62

Presentation and consideration of Resolution 96-62 amending the procedures and requirements for consideration of development agreements. This is a citywide project. This project is Categorically Exempt according to CEQA. APPLICANT: City of West Sacramento.

Item #5
Presentation and Discussion of Ordinance 96-13 Amending Various Sections of the Municipal Code Relating To Land Development

Presentation and discussion of Ordinance 96-13 amending various sections of the City's Municipal Code relating to land development, including the City's Subdivision Ordinance. This is a citywide project. APPLICANT: City of West Sacramento.

Copies of the applications, legal descriptions, and environmental documents are on file in the office of the City of West Sacramento Community Development Department, 1951 South River Road, West Sacramento, California 95691.

All affected parties should appear and explain to the Commission the effect that the proposed projects will have on their property and to state any other relevant information. If you challenge any of the noticed items in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City of West Sacramento at, or prior to, the public hearing.

Stephen M. Patek, Director
By /s/Harry R. Gibson, III
Community Development Department
July 3

NOTICE OF DISSOLUTION OF PARTNERSHIP

Public notice is hereby given that Paul Hanawalt and John Wilson, heretofore doing business under the fictitious name and style of A Refrigeration Company, Inc. at P.O. Box 980365, City of West Sacramento, County of Yolo, State of California, did on the 28th day of May, 1996 (by Mutual consent) dissolve the said partnership and terminate their relations as partners therein.

Said business in the future will be conducted by John Wilson, who will pay and discharge all liabilities and debts of the firm and receive all monies payable to the firm.

Further, notice is hereby given that Paul Hanawalt shall not be responsible, from May 28, 1996, for any obligation incurred by John Wilson or in the name of the firm.

Dated at Placerville, California, this 28th day of May, 1996.
Mail to: John C. Lassner, Esq.
Address: 3610 American River Dr., #140
City: Sacramento, CA Zip: 95864
/s/Paul Hanawalt
cns1392170
July 3

PUBLIC HEARING NOTICE

The City Council of the City of West Sacramento will open a public hearing on July 17, 1996 at 7:00 PM or as soon thereafter as possible on the following. The hearing will be held in the City Council Chambers, 2101 Stone Blvd., West Sacramento, CA. Interested persons may appear and be heard on the issue(s) listed. In compliance with the ADA, if you need assistance to participate in this meeting, you should contact the city clerk at 373-5800. Notification 72 hours prior to the meeting will enable the city to make reasonable arrangements to assure accessibility to this meeting.

1. To consider an application for $35,000 for the preparation of a feasibility study of locating a furniture mart in West Sacramento thereby ensuring that additional jobs will enhance economic opportunities for low and moderate residents.

Written comments are invited and should be received no later than the day of the public hearing. Written comments may be sent to the attention of Kathleen O'Leary, 1102 Jefferson Blvd., Suite D, West Sacramento. A public information file is available for review at this address.

All members of the community are invited to comment on the grant use and purposes, especially low income residents who benefit from the CDBG Program. Neither the City nor the state of California discriminates on the basis of race, color, religion, national origin, sex or disability. City Hall is handicapped accessible.

July 3

Fictitious Business Name Statement
Filed May 31, 1996
File No. 96-343

The following persons are doing business as Consumer Advantage, 3470 Partridge Ave., West Sacramento, CA 95691:

Dorothy Anderson & Ryan Lee Anderson, same address as above.

This business is conducted by a General Partnership. The registrant commenced to transact business under the fictitious business name or names listed above on July 1, 1996.

/s/Dorothy Anderson
/s/Ryan L. Anderson

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Tony Bernhard, County Clerk
Date: May 31, 1996
by: /s/Chris Contreras, Deputy Clerk
June 12 19 26 July 3

PUBLIC NOTICE ASSESSMENT APPEALS BOARD
Yolo County, California
NOTICE TO TAXPAYER

The Assessor of the County of Yolo has completed the local roll and will deliver the same to the Auditor of the County of Yolo on or about July 1, 1996.

NOTICE IS HEREBY GIVEN that the period during which assessment protests will be accepted by the filing of a written application begins on July 1, 1996 and ends on September 15, 1996.

Assessment protests in the form of a written application may be filed in the Office of the Clerk of the Board of Supervisors, County of Yolo, Erwin Meier Administration Center, 625 Court Street, Room 204, Woodland, California. The application forms are available in this office.

NOTICE IS FURTHER GIVEN that the time the Assessment Appeals Board will meet to equalize assessments of property on the local roll is July 26, 1996, at 9:00 A.M. and shall continue in

Continued to Page 7

MARKETPLACE

Directory of Local Businesses

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Attorneys at Law
Daniel R. Martinez ● Bruce Kaminski
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372-4752 ● 1524 Merkley Ave., W. Sac.

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(916) 372-4546
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Complete Lawn & Garden Care
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Quick, Quality Work, Reasonable.
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Cont. Lic. #552529
Ed Yeargin Home: 372-2923

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1996 #50

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Free Estimate
CALL DAVE
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ARCTIC HEATING & AIR CONDITIONING. Repair, service and replace existing heaters, refrigerators, freezers, air conditioners, etc. For local attention 24 hrs., call 371-7416. Lic. #576702. A-tfn

ELECTRICAL CONTRACTOR. Call West Sacramento Electric, your local contractor, for your electrical jobs. No job too small or too big. Free estimates. Lic. #253854. Wayne Foss, 371-8737. F-tfr

PHOENIX PAINTING COMPANY. In business since 1981 doing residential & commercial painting. FREE ESTIMATES. Bonded & insured. Lic. No. 415670. Experienced in special coatings. Senior discount. Phone (916) 372-2941. PPC-42tfn

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Pedicure, manicure, foot bath, fungal nails, callouses done at your location. Call Marie, 482-4767. Licensed. B-05/98

BEAUTY

Glamourette Beauty Salon: 20% Senior Discount, Anniversary Special. Call 371-6141 for appointment. B-52

CLEANING

HOUSE CLEANING: Elderly welcome! Reasonable, free estimates, housekeeping, small offices. Please call 371-5547. L-tfn

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HOUSES FOR RENT

WELCOME TO S & S PROPERTY MGMT., your West Sac. specialist. We currently have 1, 2, 3 & 4 bedroom homes available.

HOME OF THE WEEK:
4 BR, 2 bath, 2 car grg., CHA, Laund. rm., elec. stove, new crpt $850/mo!

Open 7 days. Call us at 371-1870 or stop by for a free list. 1049 Jefferson Blvd. 31tfn

2 BR, 1 bath, large yard, garage, 949 Sharian St. $625/mo. 371-9519. S-41tfn

APTS. FOR RENT

Remodeled 1 BR apt. in small complex across from senior center. W/W carpets, miniblinds, stove, fridge, AC, laundry facil., $345/mo. 371-7110 or 373-9744. L-32tfn

ROOM FOR RENT

Bedroom for rent, new house in the country, $350/month. 372-5942. A-45

You can tell the ideals of a nation by its advertisements.
—Norman Douglas

West Sac's Newest Apartments
Still some 2 BR Apts. available: $425/mo.
Last phase opens March, 1996
CALL TODAY
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Sponsored by West Sacramento Housing Development Corporation
WASHINGTON COURTYARD
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OPEN HOUSE JUNE 15!
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Close to public transportation & downtown Sacto.
Tot-lot, Community Room, Computer Lab, Pool
**Income-eligibility restrictions*
For application information, call:
(916) 375-1828
Equal housing opportunity

HOUSES FOR SALE

Government repos, low, low, low down. 924 Anna St., $72,500, 3 BR, 1 bath. 1044 Charles St., $83,500, 3 BR, 1 1/2 bath. 811 Fairway Dr., $56,000, 2 BR, 1 bath. Special govt. program, $500 down payment now in effect. Call today. Bids are daily. To view or bid on homes, call 422-8980, 7 days a week from 7am to 8pm. Broker. B-46

MOBILE HOMES

West Wind Estates: spaces for manufactured homes in beautiful family park, near shopping and schools, 10 mins to Downtown Sac. Call us about promotional offers. 371-2371, Hrs: 9-5 M-F. WWE-tfn

MOBILE HOME: 10' X 42' 1 BR, $4,750, ideal for single or retired person. Nice spot in quiet park. Call 374-8607 or 371-6431 for appt. to see. S-11tfn

REAL ESTATE

Default and foreclosure listings for Yolo County, including Davis, Woodland, West Sacto. Weekly report. For info, fax inquiry to 371-8055 or drop a line to Steve Marschke & Associates, P.O. Box 2172, West Sacramento, CA 95691. tfn

MISC. FOR SALE

Ladder, wood, 14', $95. Cane $20. Truck toolbox $80. Wall map, big 5' X 6', $45. Chainsaw 12" $100. Lawnmower, Snapper, $125. Firewood $100. Cash. Call 372-8733. L-46

Oak table - claw-footed, 6 chairs, excellent cond. 371-2839. $400. D-45

New mirrored glass coffee table with two end tables, $100, 372-5942. A-45

Bed, matress, dresser, 2 end tables $60, fridg. $150. Sofa & love sofa $200. Lawnmower $200. Three-wheel bike $150. Microwave $50. Phone 371-3996. L-46

FISHING BOAT, "Loan Star," 15 ft. w/trailer. New Johnson 48 h.p. motor. Asking $3,500. 371-1201. L-45

GARAGE & YARD SALES

HUGE YARD SALE, lots of old stuff, collectibles, tons of Avon, Rascal 3-wheel riding cart. 1621 Laurel Ln., Sat. & Sun. 45

MOVING SALE 1601 Virginia Ave., W. Sacto. 371-3996. 47

HELP WANTED

CHANGE YOUR LIFE! CENTURY 21 Koerwitz Realty is looking for serious people interested in getting their real estate license and going to work. We will pay for your license training courses. Call Mon-Fri 9am-5pm for interview. 1-800-400-5391 ext. #327. KR-34tfn

Maintenance supervisor for fast paced property mgmt. office. 25 hrs/wk. $10/hr. Send resume to P.O. Box 755, West Sac., CA 95691. S 36tfn

Water Treatment Plant Oper. II - City of West Sacramento. $2412-3066/mo + bnfts. Req's CA Dept. of Health Svcs. Water Treatment Plnt. Oper. Cert., Grade 3. Shift work req'd. Performs variety of tasks to operate & maintain City's water treatment plnt. To receive job flyer & City applic., send SASE, indicating position to: H.R., PO Box 966, W. Sacto., CA 95691. FFD: 5pm, 7/26/96. NO POSTMARKS. AA/EOE. 45

Entertainment production company seeks energetic, detail-oriented secretary. Light typing, hvy computer, WordPerfect 6. Need tough, organized, motivated self starter for high stress, fast paced office. Advertising or media experience a plus. Opportunity for advancement. Downtown office w/parking. RUSH cover letter & resume in confidence to: Marketing Director, P.O. Box 3528, Fairfield, CA 94533. ps-tfn

CASHIER needed for check cashing business in West Sacto. Call Dave, 363-8661. CC-38tfn

Sales Associate/Customer Service. Must be able to work flexible hours, P/T-F/T. Sales experience required in retail sales duties. See manager between 10am-2pm., Circle K, 1506 Sacramento Ave., W. Sac., 371-5624. EOE. 48

WE NEED PROFESSIONALS
A marketing & advertising consultant company is seeking sales agents to service & cultivate clients in the Sacramento, San Francisco & Stockton markets.
We offer our clients newsprint, magazine, direct mail, radio & television advertising revenues. We provide consultation services to help them succeed with their businesses. We are CUSTOMER SERVICE ORIENTED.
If you are a self-starter with the confidence to direct clients through a marketing plan, & not just sell advertising, this may be perfect for you. Work from your home office, but get great support from this new team of media professionals. Set your own schedule & appts., but get regular lead generation assistance. Earn a strong commission (20%), but have the flexibility to negotiate terms & conditions to close your deals. This is not for the weak of heart. Diligence, perseverance, confidence and a desire to always create a win-win agreement is needed.
Interested? Send your resume & a brief cover letter to: Marketing Director, P.O. Box 3528, Fairfield, CA 94533, quickly. Once it is in the mail, call 800-836-9180 & we will return your call promptly.

PERSONAL

Thank you St. Jude for Prayers Answered. B.Y. -47

Anyone can do any amount of work, provided it isn't the work he is supposed to be doing at the moment.
—Robert Benchley

FIND OUT WHY "Dead Doctors Don't Lie."
■ Why 30,000 Americans die needlessly each year.
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PETS

FREE PUPPIES: German Shephard mix, 3 females, cute! 775-1589. 44

Found: Boston terrier, 6/30. 371-4016, Jeff. 48

GERMAN SHEPHARD puppies, AKC, OFA, protection-bred family dogs. Working East German bloodlines. 1 blk/red bicolor male, 1 black male, shots & worming. $500. 372-2759. F-46

LOST CAT, near Higgins/Hart. Male neutered, 10 months old, white with tan on back & tail, yellow eyes. Domestic short hair. Please call 372-6085. 48

FOUND: Dachshund male, tan, Park Blvd. area. 371-5235. 44

REWARD: Lost Chihuahua., male, shy 3 year old male answers to "Junior," golden tan with white front feet & legs, white throat & chest, white tipped tail. No collar. Broderick area, 5/25. 371-1834. 44

How to place a News-Ledger classified ad:

How to get your ad to us: Just drop your ad and payment in the mail to the News-Ledger, P.O. Box 463, W. Sac., CA 95691. Or bring it buy our office at 816 Westacre Rd. (next to Kentucky Fried Chicken, across from Raley's). It's O.K. to drop it through the mail slot if we're not in.

Cost: $3.50 for up to 25 words for one placement. Only $12.00 total to run the same ad four times. Charge yourself an extra dime for each additional word.

Deadline: Monday at 5 p.m. for the following Wednesday edition.

Books almost to your door

From the Yolo County Library

Watch for the Yolo County Library Bookmobile coming to your neighborhood one day each week this summer beginning the week of June 10. The bookmobile is a mobile public lending library offering recreational reading for all ages. Books may be borrowed free for three weeks and can be returned to the Bookmobile or any branch of Yolo County Library.

Mondays beginning June 10, the bookmobile will visit Dunnigan and the Madison Migrant Center. On Tuesdays, it visits the outskirts of West Sacramento with stops in Southport, Bryte-Broderick and the Evergreen-Harbor area. Wednesdays, visits are scheduled for the Capay Valley: Madison, Brooks and Guinda. On Thursdays, it will travel to the outskirts of Davis: Fairfield School, Westlake and El Macero shopping centers and the Centro Del Sol Migrant Center on Road 105.

Yolo County Library purchased its first bookmobile in 1957. The present vehicle was acquired in 1975. Budget cuts following the passage of Proposition 13 forced the County Library to close some branch libraries in 1978 and reduce the bookmobile program to a three-month summer schedule.

Another round of budget cuts in 1993 forced suspension of the program that summer due to mechanical problems with the eighteen-year-old vehicle. Volunteers did the necessary repairs and the summer program restarted in 1994. The majority of bookmobile users are children. Some of the highest usage is at the farm labor housing centers and low-income housing complexes. A valid Yolo County Library borrower's card is required to check out materials. Books can be returned to any Yolo County Library branch.

The bookmobile carries approximately 2,200 books and magazines, including titles in Spanish and will be offering children prizes for participating in the county-wide Summer Reading Program. The Summer Reading Program rewards young readers for achieving a self-set reading goal. The bookmobile and the Summer Reading Program are offered by the Yolo County Library. For more information, contact County Librarian Mary L. Stephens or Bookmobile Coordinator Jay Johnstone at 666-8005.

Six-week, no-cost workshop for parenting out-of-control teenagers

From Yolo Family Service Agency

Allied Services for Kids (ASK) is offering a group for parents of teens who are potentially at risk for being runaway or out-of-control. Parents will have the opportunity to learn copying mechanisms for themselves when confronted with their teen's behaviors. Through a better understanding of their relationship with their teenager and in a supportive environment, parents will be helped with more effective communication skills.

This six-week series will be held at the River Gate Youth and Family Center, located at 900 Simon Terrace, Apt. 99 and 100 in West Sacramento on Tuesdays, beginning June 25 through July 30, from 6:30 to 8 p.m. There is no cost for the group series, but donations are gratefully accepted.

For more information and/or to register, please call 662-2211 or 753-8674.

In local government

In observance of the Independence Day holiday, the regularly scheduled **West Sacramento City Council** meeting for July 3 has been cancelled. The next regular meeting of the council is July 10 at 7 p.m.

Parents of Native American students and secondary school Native American students of the Washington Unified School District, as well as interested community members, are urged to attend the **Indian Education Advisory Committee (IEAC)** meeting, Tuesday, July 16, at 6 p.m. in room 17 at the district office. For more information, call Nancy Brynelson at 375-7600, extension 2263, or Brian Watkins, extension 2270.

Recycle

New Extended Hours:
Starting the Week of July 22nd
MON - SAT
7 am - 3:30 pm

WE ACCEPT: Paper, Cardboard, Cans, Plastic, Glass, Scrap Aluminum, Copper and Used 501 Levis

Also – 80' Public Scale

Weyerhaeuser Recycling
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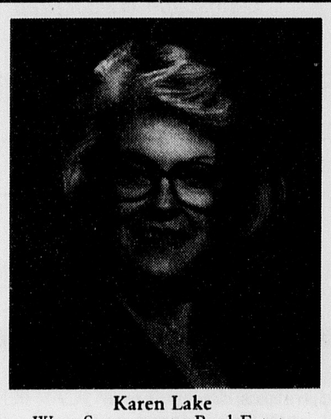
371-4634

Grand Opening Special
*Aluminum Cans
$1.10/lb.
*CRV ONLY



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Call Karen and put
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372-8008

The staff of the News-Ledger joins in wishing you a memorable, safe and happy Independence Day celebration.

Happy 4th of July!

MAGIC MOMENTS

Experience the magic of some of the world's most exotic animals at Marine World Africa USA. No other wildlife park in the country offers you so many opportunities to come face-to-face with magnificent creatures of land, sea and air. Where else in the world can you hitch a ride on an elephant, tickle the belly of a baby orangutan and get drenched by the enormous splash of a killer whale? At every turn, you'll find spectacular show adventures the whole family will love. Give us one day and we'll create memories that will last a lifetime. For more information and operating schedule, call (707)643-ORCA (6722).

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Marine World Foundation • a nonprofit organization • I-80 and Hwy 37, Vallejo, CA 94589 • For more information call (707)643-ORCA

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So tune in to KJAY AM 1430 . . .

HOME OF THE WATERBOYS
Sports talk, M-F 3-5 p.m.

West Sacto wins planning award

West Sacramento has received a regional planning award for its work on the Southport Framework Plan -- a specific plan meant as a blueprint for development of the city's 7,000 acre southern half.

The award was given by the Sacramento Valley Chapter of the American Planning Association.

Over a 20-year buildout period, the plan projects construction of 14,000 new houses and the creation of 16,000 new jobs in Southport, using an urban "village" design created by the planning firm PBR.

The planning process began in 1991 with a four-way design competition between DPZ (Andres Duany and Elizabeth Plater-Zyberk), Peter Calthorpe, Urban Design Studios and PBR, which was headed by Steve Kellenberg.

PBR was chosen to draft the final Southport Framework Plan, which was adopted by the city in 1995.

Stephen Patek, director of West Sacramento's Community Development Department, presided over the city's formulation of the plan.

Subscribe!
See special offer on page 5.

Three school board seats up for a vote

Three school board member terms in Yolo County will expire on December 6, 1996. The vacant seats will occur in the Washington Unified School District. Candidates must qualify are elected at large to a four-year term. The trustees with terms expiring are Patricia Flint, Evelyn Irene Eklund, and Stuart Knox.

The first date for filing "Declaration of Candidacy" papers is July 15, and the final date for a candidate to file is 5 p.m. on August 9, 1996. Should an incumbent NOT file, there is a five-day extension period expiring 5 p.m. on August 14, 1996, to nominate candidates other than the incumbents. The day of election is November 5, 1996.

The Elections Department, 625 Court Street, Room B-1, Woodland, 666-8133, should be contacted for any specific information regarding the upcoming board member election.

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Crisis line volunteers needed in Yolo County

From Suicide Prevention Yolo County

Suicide Prevention of Yolo County (SPYC) is recruiting community volunteers to serve on its 24-hour crisis lines. The two crisis lines provide telephone crisis intervention services to adults and teens in need. Suicide Prevention has been supported by community volunteers for the past 30 years, and continues to expand services as the community copes with shrinking resources.

As a result of community need and support, the ASK Line (Allied Services for Kids) was established two years ago. Crisis counselors work with homeless, runaway, and at-risk teens and their families. The counselors provide teens with emotional support, assistance with problem solving, exploration of safe alternatives, and linkage to professional services. The "Runaway Alternative Program" (RAP) of Yolo Community Care Continuum and the "Teen Outreach Program" of Yolo Family Service Agency, provide free face-to-face counseling and crisis services to teens and families referred by ASK Line counselors.

This training and volunteer program provides an opportunity for the community to help others dealing with multiple issues, including depression, loneliness, grief, suicidiality, and interpersonal conflict. Individuals are being selected for this comprehensive 36-hour volunteer training which will begin in early July. This evening training will be from 6 to 9 p.m. Please call SPYC at 372-0709 for more information.

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MADD honors cops

From Mothers Against Drunk Driving

The Sacramento-Placer Counties Chapter of Mothers Against Drunk Driving (MADD), in conjunction with the Folsom Police Department, honored more than 50 law enforcement officers last night at the Annual Appreciation Dinner. Officer Paul Hadjes and Sergeant Allen Conwell of the West Sacramento Police Department were among the 1996 honorees.

This year's 11th Annual Appreciation Dinner featured three awards that were bestowed upon numerous law enforcement officers for their active roles in apprehending impaired drivers. The Community Recognition Award went to 37 officers in recognition of their efforts, while the Century Award went to 13 officers in recognition of 100 DUI arrests made per officer during a one-year time span. The top Century Award went to Donald Rudolph, California Highway Patrol, with a grand total of 280 DUI arrests. A new award, the Deuce Award, was introduced and will be given by the City Council to officers who arrest between 25 and 75 DUI offenders in a given year dependent on the size of their department.

"Alcohol-related crashes needlessly kill thousands of people each year and until this carnage stops, MADD will continue to fight against the impaired driver. However, we cannot take on this task alone. We need the assistance of the law enforcement officers who are out there, on the streets, every day," stated Bonnie Rasmussen, president of MADD. "That is why this appreciation dinner is so important. It is our one chance to thank those officers for going the extra mile in this battle."

According to statistics from the California Highway Patrol, last year 1,343 people were killed in alcohol-related crashes and another 36,961 were injured in California.

The appreciation dinner was held at the Folsom Community Center in Folsom and featured Placer County District Attorney Brad Fenocchio as the evening's keynote speaker.

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9:00 AM - 2 PM

WHERE: YOLO COUNTY CENTRAL LANDFILL
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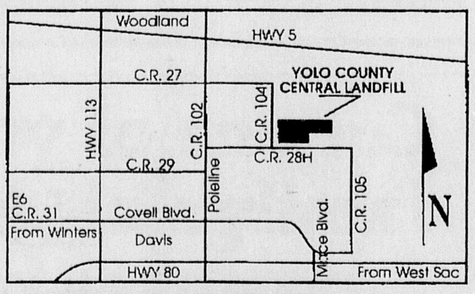

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See page 9 for how to advertise it in the News-Ledger for only $3.50!

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12 arrested in latest hooker sweep

On Friday, West Sacramento police conducted a prostitution "sting" operation, netting five prostitutes and five male customers.

The 12 were charged with crimes related to prostitution and with the new "loitering for the purpose of prostitution" statute.

All were booked in the Yolo County Jail.

Among the men arrested were two 77-year olds.

Local anti-prostitution efforts center on West Capitol Ave. and surrounding areas, using flexible locations and hours, as well as a partnership with Sacramento law enforcement agencies, to target both prostitutes and their "johns."

Local Scene

Golf Tournament

The West Sacramento Chamber of Commerce presents its fifth annual high school scholarship golf tournament on Monday, July 15, at the Lighthouse Golf Course, 500 Douglas Street in West Sacramento. Cost is $90 per player and includes dinner, golf cart, scoring, tee prizes, and special gifts. Registration deadline is Thursday, July 11. For additional information, please call the Chamber at 371-7042.

Church Carnival

Joy Christian Ministries will conduct a celebration/carnival on July 4 from 11 a.m. to 4 p.m. There will be live bands, skits, game booths, football toss, basketball shoot, refreshments, BBQ, prizes, and a dunk tank. Admission is free, but the food and game booths will have a fee from $0.25 to $1.00. The event will be held in the parking lot at the church, located at 828 Merkley Avenue in West Sacramento. All proceeds go to purchase new seats for the church. For more information call 375-0066.

Bible School

Children ages three through grade six are invited to attend Vacation Bible School July 22 through 26 at Community Lutheran Church. "Friendship Adventures with Jesus" will be Monday through Friday, 9 to 11:30 a.m., with Bible stories, crafts, singing and prayer, recreation and snacks. Registration is $8 (some sponsorships are available). Please call 371-8804 for information, and to register. The church is located at Drever and Jackson Streets, off of Jefferson Blvd. in West Sacramento.

Train Robbery

Wanted, dead or alive, willing victims to ride, participate, and be relived of your tax deductible donations, on the Great South Train Robbery from West Sacramento to Clarksburg and back on July 6, August 10, September 21, and October 12.There will also be live music on board. For tickets and information, please call 372-9777 or 373-5860.

July 4 Picnic

Veterans of Foreign Wars Post 8762 of West Sacramento invites its friends and neighbors to an "old fashioned" Fourth of July picnic at 905 Drever Street, starting at 1 p.m. The picnic consist of barbecued hamburgers and chicken and other good eats, as well as bingo games, horseshoes and other fun activities. Tickets may be purchased at the picnic -- $6 for adults and $3 for children under ten. Call 371-7245 for further information.

Senior Spin

A new "Senior Spin," the West Sacramento Senior Center's version of the "Wheel of Fortune" TV game show, airs tonight at 7 p.m. on Sonic Cable TV Channel 21. It will repeat every Wednesday night through July. The show includes a "commercial" about the center's many activities and services, such as country line dancing, "meals on wheels," ceramics, ice cream socials, daily luncheons, pool, pinochle, bingo, chorus, etc.

Long-Term Care

Pat Takahashi, a representative of California Partnership for Long Term Care, will bring you the facts about long-term care on Thursday, July 18, at 6 p.m., at the West Sacramento Senior Center, 664 Cummins Way. You will learn what long term care is, how it came about, why planning for it is so important, the cost and types of policies available, and the linkage to Medi-Cal. Bring your questions and concerns. This information is for everyone, it concerns us all. Bring a friend, relative, or loved one. Call 373-5819 for more information.

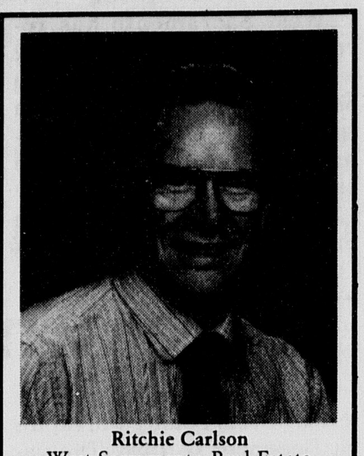
Rebates

An estimated 160,000 elderly and disabled California homeowners and renters are eligible for rebates through the annual Homeowners or Renters Association Program. To qualify, claimants must be at least 62 years old, be blind or totally disabled as of December 31, 1995, and have $13,200 or less in total household income in 1995. Homeowners can receive from 4 to 96 percent of the property tax they paid on the first $34,000 assessed value of their home. Renters can receive assistance ranging from $10 to $240. Call the West Sacramento Senior Center at 373-5819 to schedule an appointment.

First Aid Course

A First Aid Progression course will be offered by the Yolo County Chapter of the American Red Cross on Tuesday, July 9 and continued on Wednesday, July 10. The class will be offered from 6 to 9 p.m. at the Red Cross Chapter Office, 120 Court Street in Woodland. For registration information, please call the Red Cross Chapter Office at 662-4669.

You're reading the News-Ledger, West Sacramento's first choice for local news.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City seeks new rep for local port commission

The City of West Sacramento is currently accepting applications for their appointment of a representative to the Sacramento-Yolo Port Commission.

The commission's regularly scheduled meetings are on the second Mondays of the month at 4:15 p.m.

Applications may be picked up at the office of the city clerk, 2101 Stone Blvd., West Sacramento, Room 213, or by calling 373-5800 and requesting an application be sent to you.

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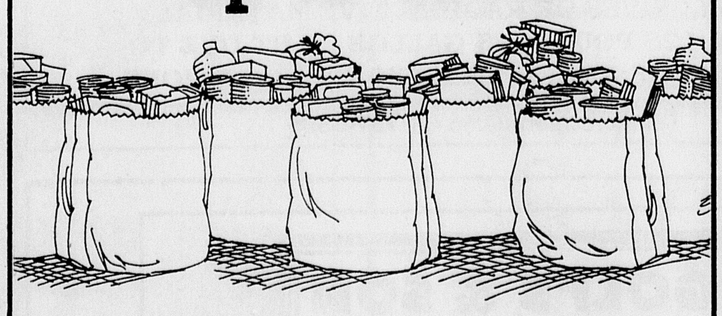
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CHAOS

by BRIAN SHUSTER

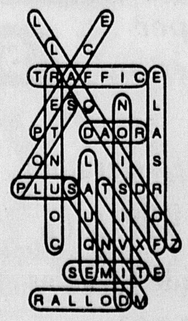
"Mom, I'm 32, stop it with this 'Here comes the airplane' stuff. I think I'm old enough to eat by just having you tell me to open my mouth."

Answers to Puzzles

Vision Teasers

Differences: 1. Fence is taller. 2. Box is larger. 3. Knocker is missing. 4. Window is different. 5. Pullover is added. 6. Skirt is shorter.

— SIGN



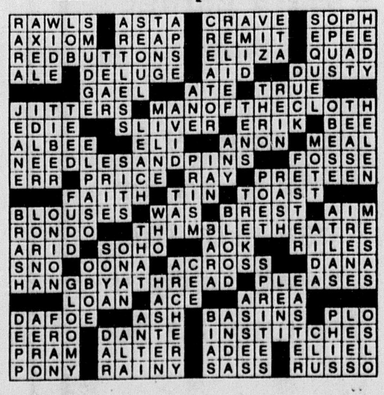
solution 4-21

5	8	8	9	30
7	1	1	7	16
9	2	5	9	25
7	2	1	4	14
28	13	15	29	15
				19

Sports Quiz Answers

1. cricket and rounders; 2. cars; 3. Roberto Clemente; 4. yellow; 5. Jack Nicklaus; 6. the Chicago Cubs; 7. two; 8. three

Answers to Super Crossword



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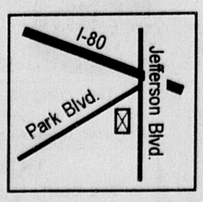


900 Jefferson Blvd. #140 • Next to Superb Burger • West Sacramento

Volume 4, Number 3

June/July 1996

YOLO UNITE!

To create a community environment where all youth can grow to be healthy, competent adults who value and are involved in service to the community.
The People of Yolo County, acting as a Partnership, are dedicated to providing ideas and visions that create safe,
drug-free communities, while recognizing mutual respect for our own and each others' ethnicities and cultures.

Freedom

I have a family now. I've always had a biological family, but I've never experienced the unconditional love and acceptance that I do now. And to me, that is what I'm learning that a family is all about. I truly believed, at one time in my life, that I would never live long enough to experience what so many people take for granted. I had to declare my independence.

For many people, the word independence has different definitions. To me, it is being free from the need to escape by whatever form or standard I could find. It is the freedom to feel good about myself and no longer live in repressed fear and self-hatred.

I am a homosexual who grew up a member of a distinctly homophobic and dysfunctional family. Life was not easy.

I learned some pretty bad ways to cope with my problems - both of my parents abused alcohol and, whenever possible, prescription drugs. I witnessed their slow deterioration while, at the same time, they tried to convince me that I would go to hell for my sexual preference.

I never quite understood their direct line of inherent expertise and profound wisdom on behalf of God. And never realized that it would go on to possess my inherent belief system and affect the choices I made on behalf of myself. Being young and impressionable and feeling isolated effected me physically, emotionally, mentally, and spiritually. My life became fragmented and I found the releases that I thought I needed in order to cope.

My choices were what I learned: alcohol and drugs. They helped me to ease the pain of the reality that I was led to believe - that I was less than human and doomed. What began as temporary relief led me into an uncontrollable life of despair. I knew in my heart that my choices were wrong, but I seemed to be paralyzed by my past, present and shadowy future. Those binded by the grips of substance abuse, as I was, can probably relate to this rollercoaster state of mind at some level. Life, we learn, is a one-time trip and a tragedy to waste. Even more tragic, I learned, is the inability to allow yourself the freedom to change. True independence.

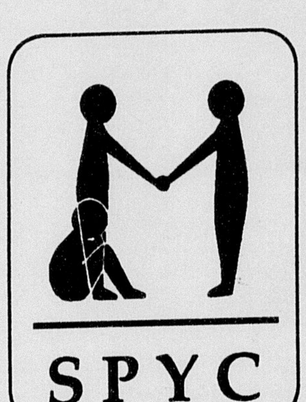
I probably would have continued on my path of self-destructiveness if I had not found Antonio. My life will never again be the same. I have found acceptance and humor and unconditional love in an unconventional family. I am still learning, but now I have the support and guidance I needed so desperately. Occasionally, I see my biological family and they are still very judgmental of me, but they are a chapter in my life that I would rather close. I'm striving for freedom and I'm no longer alone. I have a family now.

CAPAY VALLEY, ESPARTO & MADISON

This page was made possible by your community members:

Valley Tribune

Congressman Vic Fazio & Staff



Suicide Prevention of Yolo County
P.O. Box 622
Davis, CA 95617
756-7542

Crisis Lines

756-5000
666-7778
372-6565

Yolo Unite! is made possible through your wonderful contributions of personal stories, poetry and reports on events and activities relating to alcohol and drug abuse.

Please help us to continue communicating your personal and community efforts around these and other important related issues by sending them to us for publication.

Get involved in your Community Council! Call Esperanza, your Community Worker at 787-4738 today!

Send your newspaper submissions to:
Yolo Unite! Editors
600 A Street
Davis, CA 95616

When You Think About What Makes a Kid Drop Out of School, Do You Think of Alcohol?

By Nick McNicholas
Principle, Esparto High School

First of all, let's start off with a simple premise. There are no pat answers for students dropping out of high school. From a perspective of an individual who has been working with teens for almost twenty years, the use of alcohol, or the onset of alcoholism is a far reach as a major reason for dropping out of school.

The use, or abuse of alcohol may wind up being the final, or most obvious identifier of a more deeply rooted problem, but to give alcohol that much credit, is definitely unfair to alcohol and over-glorifying the substance.

When I think about teens and alcohol, for the most part I think of students who want to be in school. A guy, or girl who see themselves as being rather normal, bragging about the latest three kegger party, the hangover that accompanied, and when and where the next party will be.

Many of the students I associate with alcohol use are not as much potential dropouts, as they are potential leaders, who see alcohol as something that is part of, and very much acceptable in every day life.

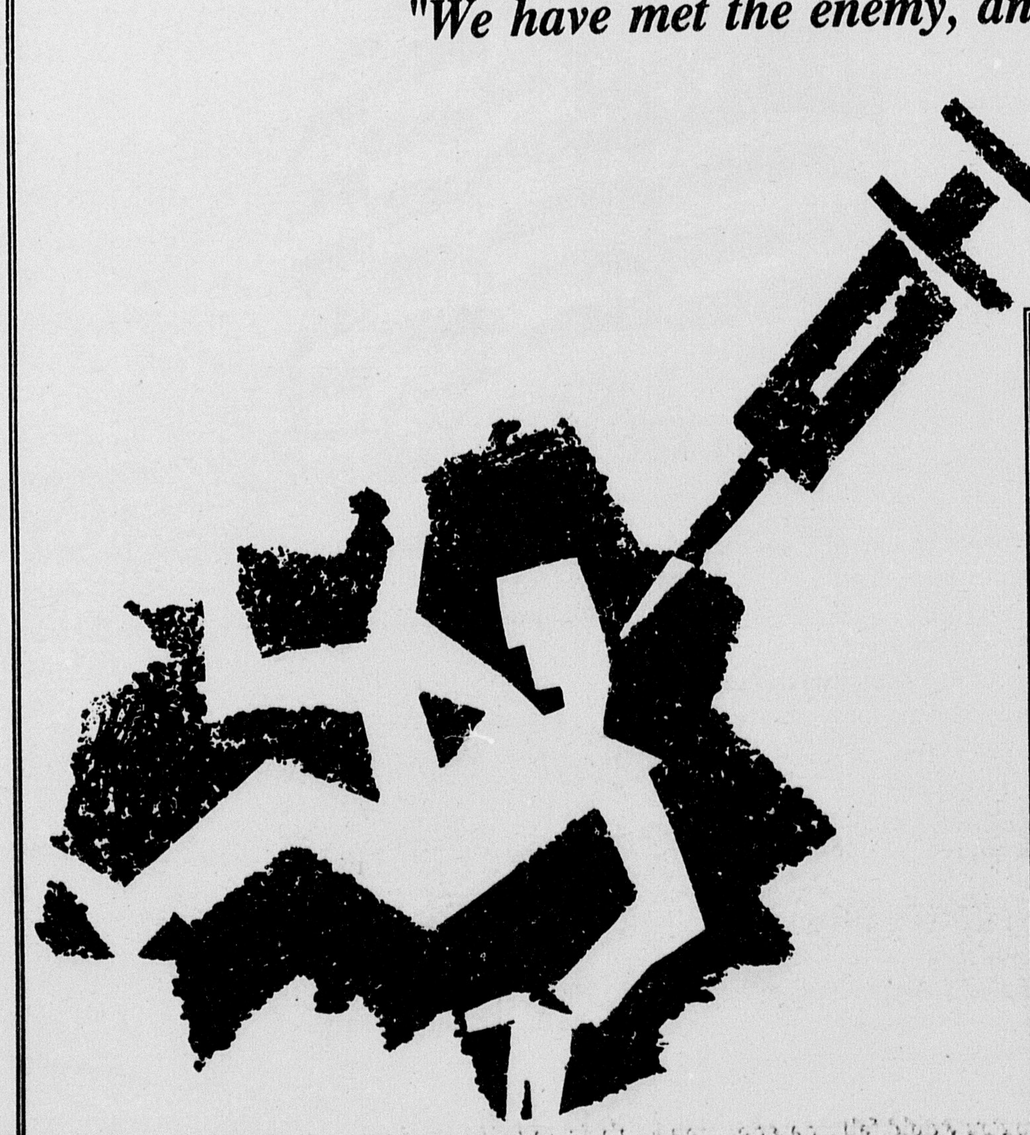
Who are the students' models? Not just wild young movie stars, rap artists, older siblings, and friends, but adults: their parents, teachers, politicians, ministers, etc. Individuals who speak of the evils of alcohol as they head to the local AM/PM for the chips, dip, and a couple of cases of brew for the big game.

Students see their parents and the rest of us drinking on a regular basis and functioning, or in some cases what is perceived as functioning. It is hard to deny the truth, that for every alcoholic, or individual who has problems with alcohol in their life, there are many, many more who are social drinkers and drink with no visible problems right up until their grave.

As an educator, I love what I do and it makes me ill when I see a victim of alcohol abuse, but there is more to it. It is the old chicken and egg question, but in this case we all know what comes first: a problem. It may be physical, or emotional, but the problem is there. It may be disguised, hidden, or rationalized with the most convenient mechanism we have available to us and in some cases, it is alcohol.

I certainly wish I could have written a scathing emotional article condemning alcohol for all the souls the educational system has lost over the years, but unfortunately there will be more alcoholics born from high school graduates than high school dropouts. As Pogo so eloquently put it many years ago, "We have met the enemy, and he is us."

As Pogo so eloquently put it many years ago, "We have met the enemy, and he is us."



Uphoria

By Jennifer Rogers

My soul screams out words I can't explain,
My thoughts are twisting throughout my brain.
I yell out words but no one hears,
So I have to smile to hide the fears.
Our world is sinking into a bottomless pit,
The candles are here but none are lit.
I don't care if you understand what I feel inside,
The anger is too much for me to hide.
My body moves too fast for my brain,
I never realize 'til I feel the pain.
I want you to wonder, I want you to think,
Because your life is over before you can blink.
Don't tell me what to do or what to believe,
I believe what I want and that's how I'm free.
The thoughts are too much for me to write,
So take my pen and end the fright.
The thoughts are too strong for me to express,
So lay me down and let me rest.
The thoughts are too much for me to say,
So look into my head and take them away.

CAPAY VALLEY, ESPARTO & MADISON

No More Coyote Juice

By Sherlee Gilkison Preston (Yurok/Karuk)

Once, a long time ago, a Great Canoe Race was held during the season when the days are long. As always, our Creator would grant the winning canoe team one very special wish of their choosing. One year, the Bear team won and wished to sleep through the winter, so they would not have to go out into the freezing cold weather to collect food. Another year, the Beaver team won and wished for razor sharp teeth, so they could cut down trees for dams and houses.

Coyote wanted very badly to win the Great Canoe Race. Coyote thought, if he won, he would wish for the most beautiful beaded moccasins ever made. Coyote dreamed of himself dancing in the beautiful moccasins while everyone watched with envy.

One day, Coyote was sitting lakeside trying to think of who he could get to be on his team. Just then, a group of Indian children came out of the woods carrying a canoe. Coyote was amazed at how fast the children could row. "With a little practice," thought Coyote, "me and those children could win the Great Canoe Race!" Coyote went to the children and asked if they would like to be on his team. The children told Coyote that he would have to ask their parents for permission before they could be on his team. So they took Coyote back to their village.

The children's grandparents did not want Coyote around their village. "Coyote is nothing but trouble," said the grandparents.

"Oh, what harm could he do?" said the parents. The parents told Coyote that he could stay in the village and practice for the Great Canoe Race with the children, But only under one condition. They said, "If you stay, then you must share in doing all the chores." Coyote hated doing chores, but he wanted to win the Great Canoe Race so much that he agreed with them.

The next morning, the men of the village came to Coyote's hut and took him hunting with them. They walked, and walked, and walked while never seeing one deer. Just when Coyote thought he could not walk another step, a herd of deer was spotted. That afternoon, several men brought venison back to the village. Coyote straggled in behind them, all tired and crying because he did not get a deer. The men had many funny stories to tell of Coyote's hunting abilities. "He shot more trees than deer," laughed one man. "He almost shot his little foot," laughed another man.

That evening, the children came to get Coyote to practice for the Great Canoe Race. Coyote told the children he was much too tired to practice, but promised he would be ready the next evening.

That night, while Coyote and the children were fast asleep, all of the adults sat around the fire and talked. The grandparents pointed out how useless Coyote was and urged the parents to send Coyote away before he caused any trouble.

"Oh, Coyote is just a harmless creature," said the parents.

"No," said the oldest grandparent. "Coyote has been across the Great Water and learned many strange things from the ones who worship the golden stones. Who knows what kind of trickery Coyote has learned from them," warned the grandparent.

The parents did not want to listen to the grandparents' advice and laughed at them. The parents insisted that Coyote was their friend and meant none of them any harm.

The next morning, the women of the village got Coyote up early to gather acorns. They gathered, and gathered, and gathered until Coyote thought his back would break. When the women said that it was time to stop gathering, Coyote happily started towards the lake to practice for the Great Canoe Race. But the women stopped him because the acorns still had to be ground into flour. Coyote ground acorns until he thought his fingers would fall off. That afternoon, each woman had a big basket of acorn flour, but Coyote had just a very small basket full. The women had many stories to tell of Coyote's acorn gathering abilities. "He spilled more acorns than he gathered," laughed one woman. "He dropped the grinding stone on his foot," laughed another woman.

That evening, the children came to Coyote to see if he was ready to practice for the Great Canoe Race.

"I am much too tired," groaned Coyote. "But, I promise to practice with all of you tomorrow."

"That's what you said yesterday," said the children with disgust in their voices.

"Well, if your parents did not make me do so many chores, I would not be so tired," complained Coyote.

The children went off to practice for the Great Canoe Race and Coyote sat alone feeling all sorry for himself. Coyote knew that he had to figure out a cunning way to get out of doing his chores or else he would never have the energy to practice. Then, Coyote got an idea!

"I will make a batch of that strange juice the people from across the Great Water use to forget all their pains," thought Coyote. "When the parents drink my juice, they will forget all about doing chores and they will let me do as I please!"

That night, Coyote brought out a batch of his juice for the parents. The grandparents told Coyote that they did not want any of his strange drink. But, the parents insisted that Coyote was just trying to be polite by sharing his juice out of gratitude for their hospitality. The parents soon drank all of the juice and called to Coyote to give them more. With a big grin on his face, Coyote said, "Let me show all of you how to make your own juice. Then, you will never have to worry about running out of it."

Just as Coyote planned, the parents made their own juice and did nothing but drink it all day and night. Soon they forgot all about doing their chores. The men no longer hunted or fished and the women no longer gathered acorns. The grandparents were forced to do all the chores while Coyote was free to do as he pleased with the children.

Coyote and the children practiced for the Great Canoe Race from dawn to dusk every day. Coyote was sure that he and the children would win. At night, Coyote would dream of himself dancing in his beautiful beaded moccasins while everyone looked at him with such envy.

Meanwhile, the parents continued to drink the juice day and night. The children were frightened when their parents drank the juice because they would easily get angry and fight with each other. The parents would drink until they passed out. On the following day, they would sleep well into the afternoon. The children hardly saw their parents anymore. When their parents were home, they were either sleeping or very grouchy. The parents had forgotten how to feel good anymore. Everyone was sad except Coyote.

That evening before the Great Canoe Race, the grandparents met with the children after Coyote had passed out from drinking his own juice. The oldest grandparent told the children to paddle harder than they had ever paddled before because they had to win the race for their parents. "Now listen very closely," said the grandparent. "Here is how we will trick Coyote."

On the day of the Great Canoe Race, Coyote and the children were across the finish line long before any of the other teams. The children paddled as they had never paddled before. Their grandparents were at the finish line to congratulate the children and tell them how proud they were of the victory.

When it came time to make their wish to the creator, there were no doubts in the children's hearts of what they would wish for. In one soft voice, all the children said, "Creator, please let there be NO MORE COYOTE JUICE."

But that is a stupid thing to wish for," argued Coyote. "Why not wish for beautiful beaded moccasins," pleaded Coyote. "Then everyone will admire us while we dance for ourselves."

"No," said one little girl. "I want my parents to hug me and be with me like they used to before there was your strange juice."

"Yeah," said a little boy. "I want my father to teach me to be a great hunter and tell me stories about our ancestors, just like he did before drinking that awful juice."

Coyote was outnumbered. All the children got their wish and the grandparents, who had kept faith in the strength of love, came forth to face Coyote.

"Now, you must go away," said the oldest grandparent to Coyote. "You have brought many strange ways to our people and we do not want you around here anymore."

"But, I will change my ways," pleaded Coyote with a grin on his face. "If you let me stay, I will help the children win next year's Great Canoe Race. Trust me!"

"No," said the eldest grandparent. "You will continue to lie and trick us to get what you want. Now, we know your intentions and we do not need to have you around. You may only return after you have proven to be honest and trustworthy. Now, go in peace!"

When the children and their grandparents got back to the village, the parents were busy doing their chores. When the parents saw the children coming, they went out to give them hugs and told them how much they were loved.

That night, after all the children were asleep, a prayer could be heard from a grateful parent: "Thank you, Creator, for our greatest gifts - our children and our grandparents."

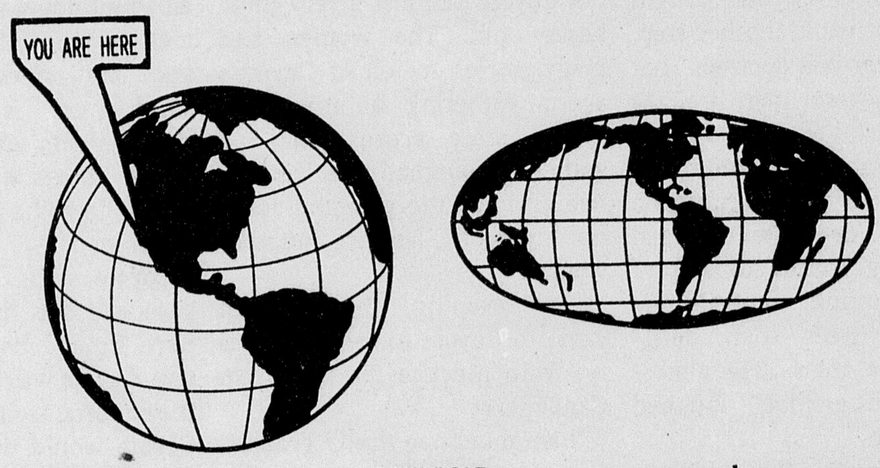
DAVIS

Creating a Whole Life: Recovery With a Holistic Twist

(Part 2 of a 5-part series.)

By Sandra M. Dolber-Smith, MA, MFCC

"In the process of imagery we step outside the sensation of a flowing time...
The sense of time involved reminds us of the physicist's statement: events in nature do not happen, they simply are." - Dossey



This series is precisely about learning to use the process of imagery to step outside the sensation of being bombarded by time. Part one spoke of using creative projects as a way to briefly, and at low risk, step outside the flow of time. Creative expression is a tool for observing events they are. Creative projects provide insightful perspective from events happening to you. You can step back and observe your general style and attitude in the way you do things by watching how you approach a small creative project.

Because the idea of creativity intimidates many people at first, it's important to review the vital role creative expression plays in personal growth. Three of the ways this process contributes to growth and change include:

First, you have an opportunity to identify self-defeating patterns in the way you function. You see constructive patterns to reinforce. You use what you observe from a brief project to notice what you do in the rest of your life. Awareness is the first step to being able to change.

Second, creative projects provide a safe risk to approach a situation in a different style from your usual pattern. Taking a risk to change your style ripples out into all corners of your life. You're likely to make related changes in other areas of your life with less anxiety.

Third, engaging in a small creative process sparks energy that spills creative thinking over into other parts of your life. It's like priming a pump.

The creative project for this issue's self-experiment requires no artistic training or aptitude. (Creativity does not equal art.) This is a simple project called a Life Map. A Life Map is a tool that allows you to literally take the events of your life out of the sensation of time and lay it on a piece of paper for a perspective of events that just are.

LIFE MAP

PURPOSE: To lay out events in your life to observe common themes and patterns from a visual perspective. Also to compare your approach to this project to the approach you've taken to other events in your life.

TIME: 15-60 minutes (depending on details you choose to include).

MATERIALS: Large, blank sheet of paper - the bigger the better. A shopping bag, cut open to lay flat, is a creative, no-cost alternative. Flat work area. (Table or floor) Drawing instruments. Possibilities include: Pencil, pen, crayons, colored pencils, colored felt pens, in any combination.

STEP 1: Make a visual illustration of your life to this date. Show significant events, milestones, trends, relationships, ups, downs, smooth waters. **THAT'S ALL!** When you finish, stand back and ask yourself what stands out? What can you see from this perspective that was not obvious before? If this illustration shows patterns with which you are familiar, do they look any more or less significant in this light?

If you have trouble getting started, keep in mind that maps come in many forms. Some people draw simple time lines that zig and zag at appropriate points. There are road maps that show where different paths diverge and intersect. There are regional maps that show land features like rivers, lakes, mountains, deserts, oceans, etc. There are tour maps that label points of interest, either man-made or natural. Your map may or may not include dates. May or may not include word-labels. May or may not use pictures or symbols.

The appearance of the map you create will tell you as much about your general style of doing things as the items you choose to put on the map. Does it appear linear (all in one line)? 2-dimensional (spread out and flat)? Three dimensional (impression of depth)? Does the page have a lot of blank space or is it filled in edge to edge? Is the drawing mono or multicolored?

None of those possible appearances is considered right or wrong, bad or good. It's just the way it is. The question is, how does it make you feel to look at it? What trends do you see from the past that worked and that you would like to reinforce? What patterns would you want to change in the future? Would change begin by re-drawing your map in a different style?

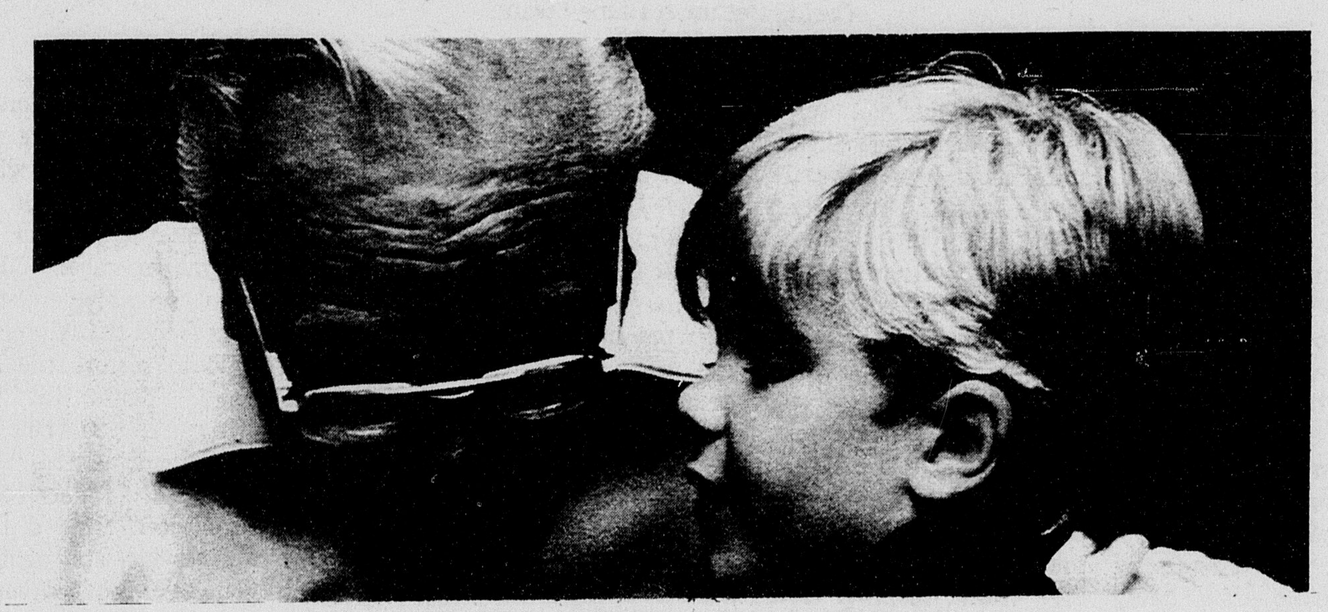
I leave you with one final question to either ponder or act upon: If you were to draw a Life Map of your future, what would it look like?

Awareness is the first step to being able to change.

DAVIS

Family Values (Part 2)

By Grandparents Raising Grandchildren



KATE: I've been thinking a lot about that conversation we had about family values, and I read some stuff in the newspaper, too. I think I really am understanding now that maybe you were right, Alex, maybe we've been very superficial in our talk about family values and haven't really understood the deeper meaning.

BOB: I agree with you Kate. I've thought a lot about what Bob said too, and I don't mind telling you that a lot of it was new to me. Maybe it shouldn't have been, but I guess I hadn't thought about "families" in all the different ways. It was too easy for me to just think about my own family and how things really were okay or at least I thought they were! But now that I'm thinking differently about children and families, I think, so what? What difference does it make? What can or should I do about it?

MOLLY: Well, Bob, that's where I was going with my thinking. Here we are, all grandparents, all interested in children, and so what? So I called a friend who works in the State Legislature in Sacramento and I was surprised to learn there's a whole lot going on there that has to do with children. For example, my friend mentioned several bills being considered by the Legislators. In the last few years, interest in putting the child at the center of concerns has grown rapidly, and some legislators have experiences in their own families that let them know this is urgent.

KATE: Not only that, Molly, but the media are also now interested. I think some parents were guilty of abuse, neglect, and even the deaths of their children in the past, but now these stories are in the news and commanding attention. People who have never met an abused child send gifts and cards to show they care. Most people want only the best for children, but it's not always easy to know what to do.

ALEX: I'm so interested in your reactions and in wanting to do something about poor situations for children. Molly, your friend is right about the potential legislative changes and the reason for that is: in California now, the estimate is that almost 700,000 kids are being raised by grandparents and/or other relatives. According to some figures, that is an increase of 45 percent since 1980 and represents what some people call a significant social change. And the major cause is parental drug abuse. It will be the grandparents and other relatives who will make the difference in children being properly cared for and raised in a healthy way. But what everyone needs to realize is that it takes a circle of support. I couldn't raise two children alone without help. I need the children's teachers to understand and help the children not feel guilty or "less than" because their living situation is different. You know, sometimes, children think they caused the family problems and disruption. Poor tykes, they carry so much weight on their little shoulders. I need other families to include them in activities so they see what a more typical home life is like. I need therapists who can reach them through their outer shell they've built to protect themselves from more hurt. I need soccer coaches and piano teachers who help them develop their talents so they have a genuine sense of self esteem that comes from hard work and accomplishment. And the list goes on and on. Sorry, friends, I didn't mean to get up on my soap box like that.

BOB: Don't apologize, Alex, you're doing a great educational job, and I appreciate it. Wow, my hat goes off to you. Here we sit playing cards, having a great time, and I know you have to leave to meet the school bus, but I didn't realize all that was involved in your raising the kids.

ALEX: I'd be lying, Bob, if I said it was easy, but I wouldn't be truthful if I didn't tell you about the fun I have. There is nothing like a couple of energetic and cuddly little dynamos to make your life exciting, to see things fresh and unspoiled and to destroy all cynicism. I owe those two grandkids as much as they owe me. I'm part of a family now, and I have to admit I love it. But it isn't always easy for other people. A friend in my grandparent support group has a teenage grandchild who is super-rebellious and is not getting any help from anyone. The boy needs an adult male to take an interest in him and withstand all the tests and trials the boy will put him through, but this doesn't exist in any organized fashion here. Another grandparent is struggling with a pregnant teenage granddaughter who has quit school and doesn't want to talk to anyone about her situation. The teenage years are always hard, and grandchildren often have even more problems.

MOLLY: But don't we have to do more than that? Don't we have to start solving the problem where it starts - with the drug and alcohol abuse? It seems to me that is the point of prevention. Of course, we have to help with all the children who have already been hurt by the problems of their parents. But we also have to make sure the numbers that need help get smaller, that young people realize when they set off on the path of substance use, they are affecting the generations before and after them!

We invite grandparents to talk with us at the Grandparents Raising Grandchildren Support Group. Call the Davis Senior Center at 757-5696.

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Yolo Unite! is made possible through your wonderful contributions of personal stories, poetry and reports on events and activities relating to alcohol and drug abuse.

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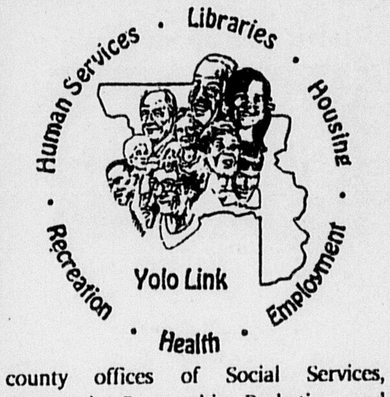
YoloLink is a computerized database to help you get help. People who need services can find **YoloLink** at all public libraries in Yolo County as well as the



county offices of Social Services, Community Partnership, Probation, and the Senior Centers in Davis, Woodland and West Sacramento.

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Get involved in your Community Council! Call Marilyn, your Community Worker at 666-6008 today!

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* TOBACCO TIDINGS *

Tobacco Education Program
666-8448
Cecilia DeCuir & Diane Swann

LOCAL UPDATE: Minor League baseball player, Rick Bender spoke at UCD May 6 about his experience with smokeless tobacco. Having begun to chew at the age of 12 one of the many sores in his mouth developed into oral cancer at age 26. He spent the following few years battling the cancer which left him disfigured by the loss of half his lower jay. Still able to talk despite the loss of some of his tongue and almost all his teeth, he speaks to people around the country about the dangers of smokeless tobacco now being heavily marketed as an alternative to smoking.

The local Tobacco Education Coalition is launching its new campaign to encourage retailers to reduce their advertising to tobacco in stores. Currently two-thirds of the tobacco industry's $6 billion annual advertising budget is spent at the retail level. The money is spent in the form of ads, displays, coupons, retail value added items (e.g. a cup given with the purchase of cigarettes), and slotting fees for merchants. Slotting fees are payments received for the placement of tobacco ads and products in the store and amount to $1.6 billion annually. Some fees come with stipulations that ads must be posted within three feet of the floor, at eye level of the preschool age set. Other payments are made to reimburse storekeepers for the loss of merchandise, providing no incentive for the store to reduce shoplifting. Often contracts are made at the corporate level, meaning the local store owner has no choice but to display the tobacco ads.

During the next two years retailers in first Davis, then West Sacramento and Woodland will be invited to become members of the Organization for Tobacco Free Youth. Member stores will post no tobacco ads below three feet, have no record of selling tobacco to minors, post required signs for reporting such sales, keep all promotional catalogues behind the counter and obey the sign codes. Consumers are encouraged to patronize those stores meeting these standards, which will be identified by the organization logo. The intention of the project is to provide an economic incentive in the form of customer patronage for stores to reduce their advertising, eliminate illegal tobacco sales to minors and thereby contribute to a healthy community.

STATEWIDE UPDATE: Proposition 99 is currently in the re-authorization stage with the budget conference committee meeting to determine the final bill. Per-capita cigarette consumption for California has fallen by more than a third since Prop 99 was passed, dropping from 89.4 packs to 52.7 packs per year.

The 20% designated for Health Education and the 5% for research have been under attack. Past diversions of funds from these accounts have been ruled illegal, but the money is frozen pending judgement on an appeal. Last year the industry outspent the anti-tobacco education and prevention programs 15 to 1, partly as a result of diversions. Anyone wanting the legislature to restore Proposition 99 to the original funding levels mandated in the law should write or call Governor Pete Wilson, or Senator Bill Lockyer, Senator Rob Hurtt, Assemblymember Curt Pringle and Assemblymember Richard Katz (send thank you for having tried to restore the funding to Katz). Send to: Honorable (name), State Capitol, Sacramento 95814.

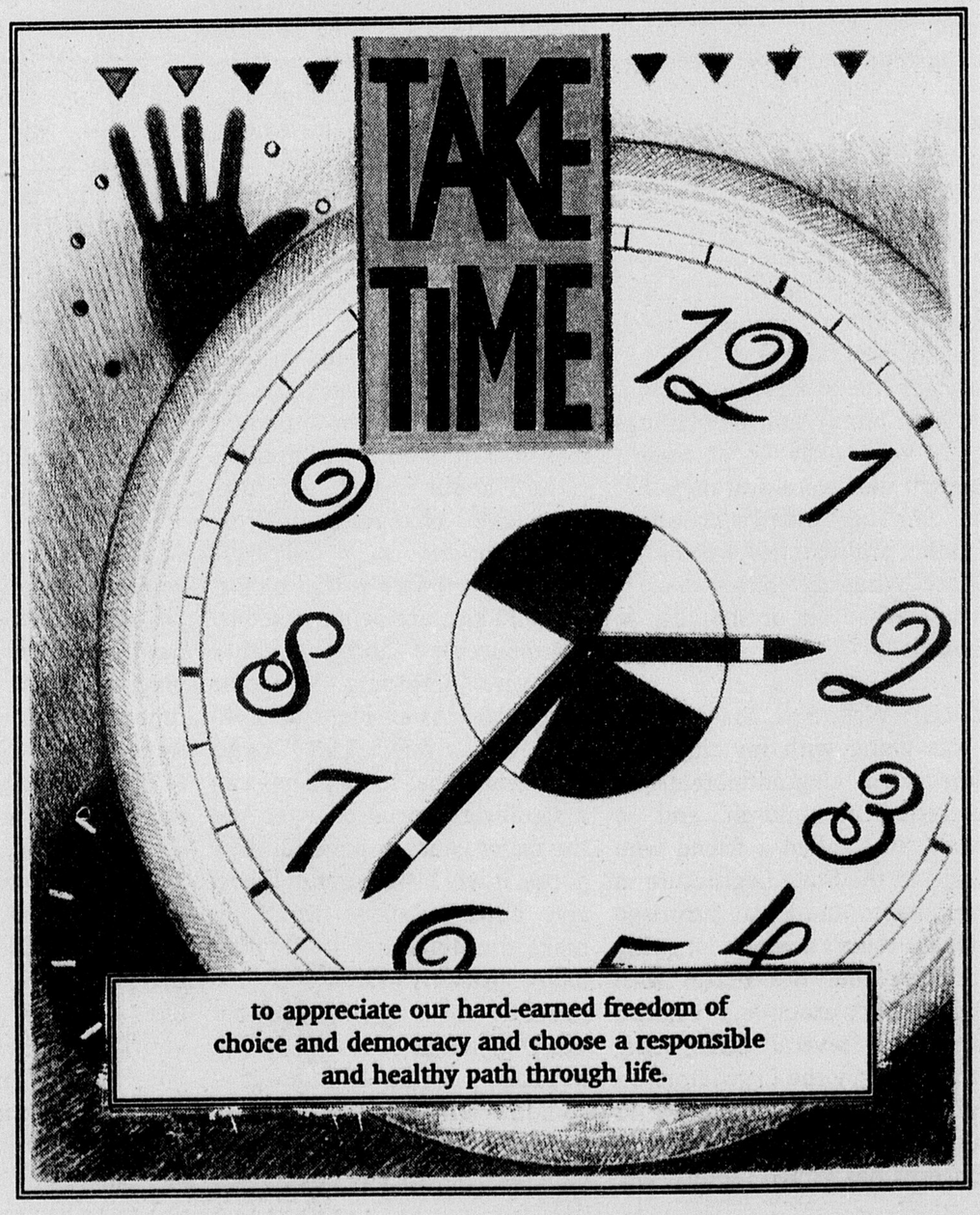
A San Francisco attorney announced June 6 that she is filing a law suit against the six major US tobacco companies to recover millions of dollars that S.F spends each year treating smoking related illnesses. It's the first city to sue the tobacco industry over this issue, joining 9 state attorney generals that have filed similar suits. Every County Counsel will receive a letter inviting them to join the suit.

The Dance

Author Unknown

Giver of life, creator of all that is lovely,
Teach me to sing the words to your song;
I want to feel the music of living
And not fear the sad songs
But from them make new songs
Composed of both laughter and tears.

Teach me to dance to the sounds of
your world and your people,
I want to move in rhythm with your plan,
Help me to try to follow your leading
To risk even falling
To rise and keep trying
Because you are leading the dance.



to appreciate our hard-earned freedom of choice and democracy and choose a responsible and healthy path through life.

DUNNIGAN, KNIGHTS LANDING, YOLO & ZAMORA

How to Become Racist (Part 7)

By Havocc

After all of the previous chapters, this one has become the hardest. So, dear reader, forgive the jumble that follows.

Rage buried its hatchet deep within the membranes of my thoughts, perceptions, and actions. Alcohol seemed to numb the passion, until the build-up surpassed the sedative. My path meandered through the forest of evil and the throbbing inside my temples seemed to be my set pace. Boulders that once stood ominously before me - fragmented from the force of my foot.

Somewhere during this time, I vaguely remember going to have my palm read. Her eyes were cold and sad - deeply disturbed by what she saw. My life was to end by the age of 25... violently. The grim reaper's clutch was inescapable.

Flashes of drunken stupors - getting sick at someone's house, on their sofa - putting my hands through fences and denting cars, unstoppable as a juggernaut. Looking at my hands covered in blood, while my friend lay at my feet... crying. And many other incidents that happened. Yet I seemed to be a second party observing quietly. My hands became attestments to the deeds only my subconscious knew. Yet they never broke - no matter <u>what</u> the target.

In the last chapter, I left off with the nightmares and the awakening of Havocc. From the period of being beaten and stabbed - to being jumped at the State Fair - was approximately seven months. The next six months passed with verbal and physical punking. Despair shattered all thoughts of well-being. So I accepted my fate. Until... they brought in my family. In essence, that slapped me awake. I would have to face this monster... alone.

Days passed with no phone calls. Maybe the advice I took was correct. I took my stand - and now I was forgetting about him. Life started getting better. Another decision brought my diploma in sight. Then it happened.

Pulling into the driveway to drop my buddy off from night school, tires screaming to a halt made us both turn and look behind. Automatically my heart dropped... I felt sick.

"You know him?" as the 300-pound figure stepped out.

"Yeah - stay here... it's him... and it's my fight." My nerves were screaming "Run!". Then, resolve stepped in... time to put a head to bed... permanently. Stepping out, taking my shoes and necklace off... fear pumped adrenaline.

"What's up, peckerwood? We gonna find out who the man is... right now!"

"I don't want to fight you. I said I'd never see her again. Can't we just ta..."

His jab stopped my sentence, connected to the left side of my eye. In that nanosecond, Havocc, the pure hatred, Havocc, the self-loathing punisher... exploded. The swinging arc of a right hand caught a left eye in a boxing replay. Slow motion as his face grimaced and blood followed the imaginary path. His eyes rolled, as he slumped forward into my arms.

Joyous relief washed throughout my body. "I knocked him out! The biggest dude I'd ever seen. The one who had me checking my underwear every time he called - was resting on my shoulder. Knocked out!"

Disbelief... Amazement... He's human after all! Pain rushed me back to my senses. He'd bit my shoulder! Started punching my ribs. Explosive adrenaline cradled my pain receptors... I didn't feel it. In fact, the calmness gave way to a smirk... and then a smile. My enemy was in pain - I'd hurt him. As I swung and connected two more times to the back of his head...

My vision altered.

To be continued...

My hands became attestments to the deeds only my subconscious knew. Yet they never broke - no matter <u>what</u> the target.

Cómo Ser Racista (Parte 7)

por Havocc

Después de haber hecho los capítulos precedentes, éste ha sido el más difícil de escribir. Entonces, querido/a lector/a, perdone usted el desorden que viene a continuación.

La rabia hundió su filosa daga dentro de mis pensamientos, de mis percepciones, de mis acciones. El alcohol parecía anestesiar la pasión, hasta que su efecto acumulativo sobrepasó a su acción sedante. Yo vagaba por un bosque maligno y el dolor punzante que sentía en mis sienes era quien dirigía mis pasos. Las grandes rocas que otrora se erguían frente a mí de manera ominosa, quedaban hechas pedazos debido a la fuerza de mis pisadas.

Vagamente recuerdo que durante ese período fui a que me leyeran las manos. Los ojos de la adivina eran fríos y tristes, estaban perturbados por lo que estaban viendo. Mi vida iba a terminar a los 25 años... de modo violento. Era imposible escapar de las garras de la muerte.

Hubieron fogonazos en medio del estupor de la borrachera: enfermo, tirado en el sofá en la casa de otras personas, dando manotazos a las cercas y a automóviles abollados. Imposible de parar, como una máquina demoledora. Mirando mis manos cubiertas de sangre, mientras mi amigo yacía a mis pies... llorando. Y muchos otros sucesos que también ocurrieron. Y a pesar de todo, yo parecía ser un observador imparcial de los hechos, mirando todo de modo impasible. Mis manos eran el único testimonio de hechos sólo conocidos por mi subconsciente. Y no se rompían o lastimaban, no importaba <u>cuál fuera el blanco</u> contra el cual iban dirigidas.

En el último capítulo interrumpí mi narración entre pesadillas y el despertar de Havocc. Pasaron siete meses desde que me pegaron e hirieron con un arma blanca en la Feria Estatal. Los seis meses siguientes fueron de bravuconadas verbales y físicas. La desesperación conmocionó cualquier sentimiento de bienestar que pudiera tener. Y acepté mi destino. Hasta que trajeron a mi familia. Esa fue la bofetada que me despertó. Yo debía hacer frente a ese monstruo...yo solo.

Los días pasaron sin que yo recibiera llamadas telefónicas. Quizá seguí el consejo adecuado. Hice frente a la situación- y ahora lo estaba olvidando. La vida comenzaba a sonreírme. Otra decisión más que me ayudaba a diplomarme en esta dura carrera del auto control. Hasta que sucedió.

Había llevado a un amigo a su casa después de haber asistido a la escuela nocturna. Mientras estacionaba, un chirriar de neumáticos nos hizo mirar hacia atrás. Automáticamente sentí que mi corazón latía cada vez más despacio, y me sentí mal. Cuando la mole de 300 libras empezó a caminar oí la pregunta: "¿Lo conoces?"

"Si, quédate aquí... es él y ésta es mi pelea." Mis nervios gritaban "Corre!" Entonces predominó mi sentido de resolución... es hora de hacer dormir a ese tipo... de modo permanente. Me saqué los zapatos y el collar... El miedo me hacía liberar adrenalina. "¿Qué pasa, idiota? Ahora vamos a ver quién de nosotros dos es hombre!"

"No quiero pelear contigo. Dije que nunca más la volvería a ver. No podemos habla..."

Su directo a la mandíbula interrumpió mi frase, impactando el lado izquierdo de mi ojo. En ese nanosegundo explotó Havocc, la rabia pura. Havocc, el detestable vengador... Mi mano derecha devolvió el golpe esta vez atacando su ojo izquierdo. Su cara hizo una mueca y, como con cámara lenta, manó la sangre y siguió un trayecto imaginario. Puso los ojos en blanco y se desplomó en mis brazos.

Un gozoso alivio se apoderó de mi cuerpo. "Lo volteé! El tipo más grande que vi en mi vida. El que me hacía revisar mi ropa interior cada vez que quería- estaba allí, sobre mi hombro. Volteado!"

Asombro... el no poderlo creer... Después de todo él es humano! El dolor me volvió a la realidad. Me había mordido el hombro! Había empezado a pegarme en las costillas. Una repentina ola de adrenalina había bañado mis receptores al dolor y no lo había sentido. A mi aparente calma siguió una mueca...y después una sonrisa. Mi enemigo estaba dolorido - yo lo había lastimado. Volví a pegar dos veces más en la parte posterior de su cabeza...

Mi vista se nubló.

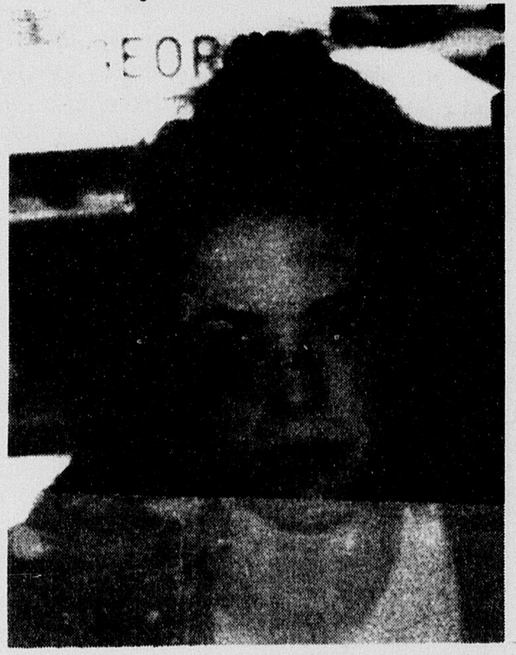
Continuará...

Mis manos eran el único testimonio de hechos sólo conocidos por mi subconsciente. Y no se rompían o lastimaban, no importaba <u>cuál fuera el blanco</u> contra el cual iban dirigidas.

WEST SACRAMENTO & CLARKSBURG

Lila's Story (Part 2)

By Elizabeth Fernandez



Like many teenagers, Lila routinely sparred with her mother. When, a week later, David offered to let her stay at the Santa Rosa home he shared with his parents and siblings, Lila jumped. Stayed about 10 days.

"It happened so fast," she says remorsefully. "I was really into myself, I was going to do what I wanted to do."

Her frantic mother, Esther Moncharsh, 44, haunted the police station every night, trying to track down her runaway daughter. Every morning, before she caught a commuter bus to The City, Esther drove around town, searching for Lila, pleading for news from Lila's friends.

"Lila has always been such a strong person," says Esther, a supervisor in the audio-visual department at the University of California San Francisco. "The ordeal was mindboggling to me because she has never let anyone control her."

In mid-March, Lila returned home, but only a week later she defiantly returned to the Lopez home on Coffey Lane, a modest house on a busy street. Shortly after, she says, she insisted she wanted to leave.

"He said, "Bitch, where do you think you're going? He hit me on my face," she says. "He smacked me real hard. I couldn't believe it happened. I told him if he ever touched me I would leave. But then he slapped me and I didn't leave. I think he was testing me and I didn't leave."

Over the next three months, the beatings escalated, becoming systematic exercises in pain and terror. Sometimes, after kicking her with a martial artist's expertise, or dragging her by the hair, Lopez would cry and apologize, or swab at her injuries with rubbing alcohol. But mostly he blamed her for provoking him and forcing his hot hand.

"He said I deserved it, I made him so angry that he'd have to hit me," Lila says. "I wasn't who I wanted to be. But while I was with him, I belonged to someone."

On July 1, she left again. The next day Lopez left a bouquet of red roses and a note on Lila's doorstep: "I just want you to know that I never felt this way about someone. You are my pride and joy ... You deserve the best in the world and I want to give it to you... I love you. Give me another chance."

Esther threw out the flowers, but Lila spotted the card. I thought "Oh, he does love me, he does care," she recollects.

With dread, Esther watched her daughter's mounting confusion.

"I took her to therapy," Esther says ruefully. "She was supposed to go twice a week, but she wouldn't. I saw an expression on her face that she really wasn't sure of herself."

Lila went back to Lopez on July 4.

"He cried and begged me not to leave," she remembers. "I told him I was afraid of him, I didn't want him to hit me again. I kind of knew it was wrong to go back, I knew I shouldn't, a part of me said don't go, but I did."

That month, she got pregnant. Lopez was the second man she'd slept with and despite his degrading sadism, she still felt an undeniable magnetism. A baby, she hoped, would calm him down.

"I thought everything would change from then on," she says, using the timeworn words of countless other victims of domestic abuse. "I thought having a baby would make him love me."

Over the next nine months, the beatings continued unabated, some severe, some less so. Sometimes, he would whip her with an orange electrical cord, knotting it for greater impact. Her body would spasm from the lashings and she'd frantically try to catch the cord with her bare hands before it could strike again.

Lopez bragged that he was untouchable, like Al Capone.

At night, the bedroom door was locked and barricaded. Lopez, she says, threatened to kill her mother or brother if she left, if she phoned police and she believed he might.

A numbness set in, emotional anesthetic dulling the daily nightmare.

Esther was forced to make appointments to visit, permitted only when Lila's bruises weren't readily evident. When they were, Lila offered a patently transparent excuse - she walked into a door.

"I would go home in tears," Esther says. "I felt Lila was in a predicament she couldn't get out of "There was nothing I could do as long as she covered up for him."

A few times, Lila saw doctors for brief pre-natal checkups, but no one recognized the symptoms of domestic abuse or, if they did, asked her about it. Lopez, she says, was generally careful not to strike her stomach. And she wore long sleeves and heavy makeup to cover bruises and scars.

For about five months, the couple lived in a cockroach-infested apartment in Guerneville, not far from Lopez's native Healdsburg, but then moved back to the Lopez family home in Santa Rosa. Lopez sometimes smoked pot, Lila says, and she'd be grateful for the way it calmed him down. On those days, there'd be no beating.

Through the pregnancy, Lila gained only 11 pounds. But a healthy, 7-pound Ariela was born on March 16, 1993, a certain miracle, Lila says.

At Esther's urging, police several times went to Lopez' house. Once, as Lopez and other family members looked on, Lila insisted nothing was amiss. She could not tell them the truth, she says, because she feared for her family's safety.

Another time, according to police records, when officers arrived at the house after apparently being summoned by Lopez' mother, Lopez "forced Sannes toward the rear of the property and into a large bush which offered concealment. Lopez (drew a) knife again and began threatening Sannes, telling her she deserved to die. He began making stabbing motions with the knife and eventually stabbed her once on the side of her upper right leg."

"The fact he stabbed Sannes apparently frightened Lopez because he suddenly kept asking her what the matter was with her leg which was now bleeding. Sannes told him it was OK, not wanting to aggravate Lopez' already enraged emotional state: Later in the evening when Sannes went to say goodnight to Lopez' parents, she told his mother that he had stabbed her. The mother was apologetic but nothing more was said."

As the weeks passed, Esther became increasingly frantic over her daughter's safety.

"I would get phone calls from Lila where she'd scream at me 'How dare you bring the police here?'" Esther says. "And I could hear David in the background screaming, 'We are trying to put our life together.' I'm a mom, I was trying to get her out of the situation and I couldn't do anything."

To be continued...

WEST SACRAMENTO & CLARKSBURG

Take a Moment to Really See

By J. Michael Thomas

We have all heard the expression: "Remember to stop and smell the roses." But how often do we really take time out of our hectic fast-paced lives to notice the world around us? Too often we get caught up in our busy schedules, thoughts of our next appointment, the traffic or life in general, to even realize there are other people nearby.

I am as guilty as anyone of tuning out the world in this manner, especially when I am driving on California's overcrowded streets. A short time ago, however, I witnessed an event that showed me how being wrapped up in my own little world has kept me from being fully aware of the bigger world picture around me.

I was driving to a business appointment and, as usual, I was planning in my mind what I was going to say. I came to a very busy intersection where the stoplight had just turned red. "All right," I thought to myself, "I can beat the next light if I race ahead of the pack."

My mind and car were in auto pilot, ready to go when suddenly my trance was broken by an unforgettable sight. A young couple, both blind, were walking arm-in-arm across this busy intersection with cars whizzing by in every direction. The man was holding the hand of a little boy, while the woman was clutching a baby sling to her chest, obviously carrying a child. Each of them had a white cane extended, searching for clues to intersection.

Initially I was moved. They were overcoming what I felt was one of the most feared handicaps - blindness. "Wouldn't it be terrible to be blind?" I thought. My thought was quickly interrupted by horror when I saw that the couple were not walking in the crosswalk, but were instead veering diagonally, directly toward the middle of the intersection. Without realizing the danger they were in, they were walking right smack into the path of oncoming cars. I was frightened for them because I didn't know if the other drivers understood what was happening.

As I watched from the front line of traffic (I had the best seat in the house), I saw a miracle unfold before my eyes. Every car in every direction came to a simultaneous stop. I never heard the screech of brakes or even the peep of a car horn. Nobody even yelled, "Get out of the way!" Everything froze. In that moment, time seemed to stand still for this family.

Amazed, I looked at the cars around me to verify that we were all seeing the same thing. I noticed that everyone's attention was also fixed on the couple. Suddenly the driver to my right reacted. Craning his head out of his car, he yelled, "To your right. To your right!" Other people followed in unison, shouting, "To your right!"

Never skipping a beat, the couple adjusted their course as they followed the coaching. the calls from some concerned citizens, they made it to the other side of the road. As they arrived at the curb, one thing struck me - they were still arm-in-arm.

I was taken aback by the emotionless expressions on their faces and judged that they had no idea what was really going on around them. Yet I immediately sensed the sighs of relief exhaled by everyone stopped at that intersection.

As I glanced into the cars around me, the driver on my right was mouthing the words "Whew, did you see that?!" The driver to the left of me was saying, "I can't believe it!" I think all of us were deeply moved by what we had just witnessed. Here were human beings stepping outside themselves for a moment to help four people in need.

I have reflected back on this situation many times since it happened and have learned several powerful lessons from it. The first is: "Slow down and smell the roses." (Something I had rarely done up until then.) Take time to look around and really see what is going on in front of you right now. Do this and you will realize that this moment is all there is, more importantly, this moment is all that you have to make a difference in life.

The second lesson I learned is that the goals we set for ourselves can be attained through faith in ourselves and trust in others, despite seemingly

The blind couple's goal was simply to get to the other side of the road intact. Their obstacle was eight lines of cars aimed straight at them. Yet, without panic or doubt, they walked forward until they reached their goal.

We too can move forward in attaining our goals, putting blinders on to the obstacles that would stand in our way. We just need to trust our intuition and accept the guidance of others who may have greater insight.

Finally, I learned to really appreciate my gift of sight, something I had taken for granted all too often. Can you imagine how different life would be without your eyes? Try to imagine for a moment, walking into a busy intersection without being able to see. How often we forget the simple yet incredible gifts we have in our life.

As I drove away from that busy intersection, I did so with more awareness of life and compassion for others than I had arrived there with. Since then I have made the decision to really see life as I go about my daily activities and use my God-given talents to help others less fortunate.

Do yourself a favor as you walk through life: Slow down and take the time to really see. Take a moment to see what is going on around you right now, right where you are. You may be missing something wonderful.

family drugs/alcohol depression

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- Understanding the parent-teen relationship
- What to expect from teens and understanding their behaviors
- Teenage stresses and how to help

Date: Tuesday, June 25 - July 30, 1996

Time: 6:30 p.m. - 8:00 p.m.

Place: Rivergate Youth & Family Center
900 Simon Terrace, Apts. 99 & 100
West Sacramento

Facilitators: Julie Leung, MSW &
Beth Kaffka, LCSW

For more information and to pre-register, please call 375-1254.

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Serving the residents of Yolo since 1977, the **Sexual Assault and Domestic Violence Center's** mission is to eliminate sexual assault and domestic violence through sensitive prevention, intervention and treatment. We operate the following 6 programs to serve victims of sexual assault and domestic violence and their families.

Harper House
24-Hour Crisis Line
Child Abuse & Youth Assault Prevention
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Call 661-6336 for more information!

Yolo Unite! is made possible through your wonderful contributions of personal stories, poetry and reports on events and activities relating to alcohol and drug abuse.

Please help us to continue communicating your personal and community efforts around these and other important related issues by sending them to us for publication.

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Call Cherry, your Community Worker at 375-1902 today!

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10 Keys to Developing Self-Esteem in Children

By Connie Palladino, Ph.D.

If you have (or plan) children, the following advice is excellent. The National Institute of Mental Health asked 50 parents who had raised their children to become well-adjusted, productive adults the following question:

"Based on your personal experiences, what is the best advice you can give new parents about raising children?" Following is a summary of their responses:

LOVE ABUNDANTLY. The most important task is to love and really care about your child. This gives him or her a sense of security, belonging and support. It smoothes out the rough edges of society.

DISCIPLINE CONSTRUCTIVELY. Give clear direction and enforce the limits on your child's behavior. Emphasize "Do this," instead of "Don't do that."

WHENEVER POSSIBLE, SPEND TIME WITH YOUR CHILDREN. Play with them, talk to them, teach them to develop a family spirit and give them a sense of belonging.

GIVE THE NEEDS OF YOUR MATE PRIORITY. A husband and wife are more likely to be successful parents when they put their marriage first. Don't worry about the children getting "second best". Child-centered households produce neither happy marriages nor happy children.

TEACH YOUR CHILDREN RIGHT FROM WRONG. They need to be taught basic values and manners so that they will get along well in society. Insist that they treat others with kindness, respect and honesty. Set personal examples of moral courage and integrity.

DEVELOP MUTUAL RESPECT. Act in a respectful way toward your children. Say "please" and "thank you", and apologize when you are wrong. Children who are treated with respect will then know how to treat you and others respectfully.

LISTEN. REALLY LISTEN. This means giving your children undivided attention, putting aside your beliefs and feelings and trying to understand your children's point of view.

OFFER GUIDANCE. Be brief. Don't give speeches. And don't force your opinions on your children.

FOSTER INDEPENDENCE. Gradually allow children more freedom and control over their lives. One parent said, "Once your children are old enough, phase yourself out of the picture, but always be near when they need you".

BE REALISTIC, EXPECT TO MAKE MISTAKES. Be aware that outside influences such as peer pressure will increase as children mature. Don't expect things to go well all the time. Child rearing has never been easy. It has its sorrows and heartaches, but it also has rewards and joys.

Desarrollar La Auto-Estima en Los Niños

Por Connie Palladino, Ph.D.

El consejo que figura a continuación es excelente si es que usted tiene (o planea tener) niños. El Instituto Nacional de Salud Mental hizo la siguiente pregunta a 50 padres que habían educado a sus hijos/as para que sean adultos productivos y bien ajustados a la sociedad:

"Basándose en su experiencia personal, ¿cuál es el mejor consejo referente a la educación de los hijos que usted puede dar a padres primerizos?" A continuación damos un resumen de las respuestas:

Quíeralos mucho. La tarea más importante es amar y querer de verdad a su hijo/a. Esto le da a el o ella un sentido de seguridad, de pertenencia, y de apoyo. Lima de asperezas los bordes ásperos que tiene la sociedad.

Disciplínelos, pero de modo constructivo. Dé órdenes claras y ponga límites al comportamiento de sus hijos. Ponga el énfasis en "Haz esto", más que en "No hagas eso".

Cuando le sea posible, esté con sus hijos. Juegue con ellos, háblele, enséñeles a desarrollar un espíritu de familia, y deles la idea de que pertenecen a ella.

Dele prioridad a las necesidades de su pareja. Es más probable que los esposos sean buenos padres si nada anteponen a su matrimonio. Que no le preocupe la idea que sus hijos queden relegados a un "segundo plano". Las casas centradas en los niños no producen ni matrimonios ni hijos felices.

Enseñe a sus hijos la diferencia entre lo que esta bien y lo que está mal. Los niños necesitan que se les enseñen valores básicos y modales, de modo que puedan llevarse bien en sociedad. Insista en que traten a otros con bondad, respecto, y honestidad. Ponga ejemplos personales de coraje e integridad moral.

Desarrolle el respeto mutuo. Actúe de manera respetuosa hacia sus hijos. Diga "por favor" y "gracias", y discúlpese cuando se equivoque. Los niños que son tratados con respeto sabrán como tratarlo/a a usted y a otros con respeto.

Escuche. Escuche de verdad. Esto significa prestar a sus hijos una atención completa, poniendo de lado sus creencias y sentimientos, y tratando de entender el punto de vista de los niños.

Ofrezca guía. Hágalo de modo breve. No diga discursos. Y no imponga sus opiniones a sus hijos.

Promueva la independencia. Permita que sus hijos tengan gradual libertad y control sobre sus vidas. Un padre dijo: "Una vez que sus hijos son ya grandes, póngase fuera del cuadro, pero siempre esté cerca cuando lo necesiten".

Sea realista, espere cometer errores de su parte. Sepa que las influencias externas, tales como la presión ejercida por compañeros de sus hijos, aumentarán a medida que éstos crezcan. No espere que todo vaya bien siempre. Nunca ha sido fácil criar hijos. Es una tarea que tiene tristezas y dolores de cabeza, pero que también tiene alegrías y recompensas.

We are what we repeatedly do.
Excellence then is not an act, but a habit.
Aristotle

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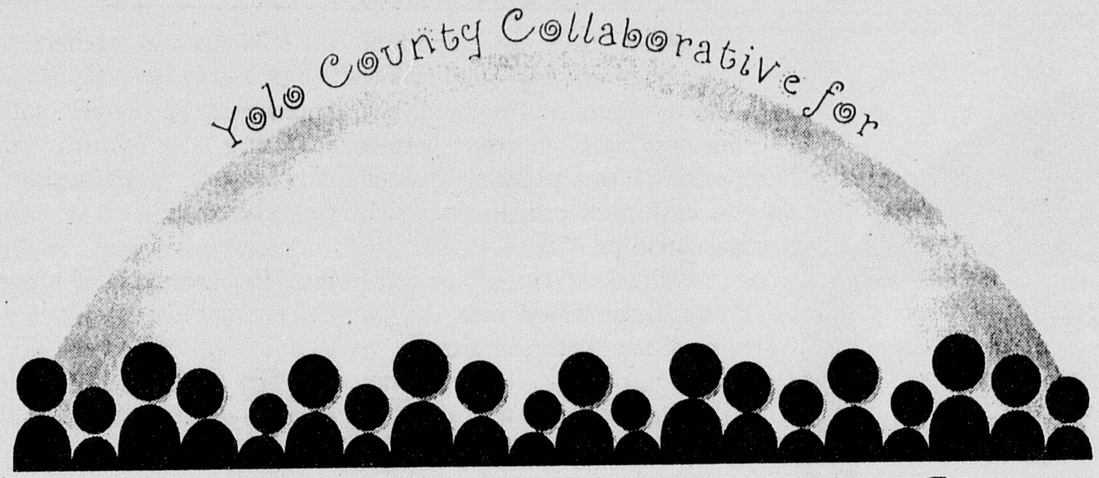


Healthy Children & Families

Give your child the opportunity to give. The child with self-esteem gives voluntarily. Encouraging your child to be generous even when it isn't his or her idea helps build self-esteem.

You are wisest to suggest, not demand, that your child give a gift. A gift given under "command" isn't really a gift; it's a grudging act of obedience.

Don't, however, let your child use giving as a form of manipulation, which happens when a child comes to expect a gift in return.

Encourage your child to give some gifts that are sacrificial, especially as your child moves into teenage years and is able to understand the value of time and things.

Teach your child to give without pity and as an expression of love, concern, and compassion. Don't let your child look down upon the recipient of his or her gift. Children who only give their old toys come to believe that poor children are only deserving of old, used-up things.

Teach your child that giving can happen year-round, and even spontaneously. One doesn't need to wait for birthdays or holidays.

Encourage your child to give gifts of service to those in need, such as a free mowing of the elderly neighbor's front yard or an evening of free babysitting to an aunt who never gets an evening off.

Finally, even as you encourage your child to give, insist that your child tell you in advance what he or she is giving and to whom. You don't want your child walking off with your silverware and giving it to the neighbors down the street!

The child who becomes a giver is a child who comes to know "I can spare some of what I have because I know it won't detract or subtract from who I am. I have value unconnected to things." "Your Child, the Giver

The Yolo County Collaborative for Healthy Children and Families is an evolving self-selected group of people who are interested in promoting healthy and safe living for all children and their families. The planning focus is Winters, Esparto, and the Capay Valley communities. The Collaborative is one of 30 communities in Northern California to receive the support of this ten-year, $20 million effort to make lasting improvements in the health and well-being of young children.

By focusing on the common goal "building a sense of community to reduce the feeling of isolation," community members are creating a long-term plan to address the contributing factors of isolation which threaten the health and well-being of young children and their families. Individuals work together to identify the strengths, capacities and talents in the community.

Already, we see many of the strengths that exist: Winters recently opened a Youth and Family Center through the hard work of volunteers; Esparto has received a grant for $10,000 and is looking for a place to open up a youth and family center; and the Capay Valley has a tremendous variety of community connections including a phone tree for fast and broad contact with each other and often share surplus food with each other from their own gardens! We are proud to now be a part of these wonderful ventures!

On July 11, at the Esparto Community Center (the old Scout Cabin) the Collaborative is sponsoring a training on identifying strengths and challenges within your community. Come and learn techniques to better understand the issues in your community and how to work together to make improvements. The training will be from 5:00-9:00 p.m. and refreshments and child care will be provided.

Call Dawn at 666-8645 to find out how you can get involved, and for regular meeting times and places.

Brinde a su hijo/a la oportunidad de dar. El niño que posee auto estima da de manera voluntaria. Estimular a que su hijo/a sea generoso/a aún cuando la idea no se originó en él/ella, ayuda a desarrollar la auto estima.

Es mejor que usted sugiera, no que ordene, que su hijo/a haga un regalo. Un regalo que se da "bajo una orden" no es en verdad un regalo; es un acto de obediencia que se hace a regañadientes.

Sin embargo, no permita que su niño/a use este modo de dar como forma de manipulación, lo cual sucede cuando el niño/a espera recibir otro regalo como recompensa.

Aliente a su hijo/a para que haga regalos que constituyan una forma de sacrificio, especialmente cuando él/ella entran en la adolescencia y es capaz de entender el valor del tiempo y de las cosas.

Enseñe a su hijo/a a dar sin lástima y como expresión de amor, preocupación y compasión por quien recibe el regalo. No permita que él/ella trate a quien recibe el regalo de manera condescendiente. Es común que se estimule la costumbre de dar juguetes viejos a los niños pobres. En estos casos, éstos niños creen que realmente merecen cosas viejas y usadas.

Enseñe a sus hijos/as que el dar puede ser una actividad practicada en todo momento, e incluso de modo espontáneo. Tampoco es preciso esperar a que sea una fiesta especial o un cumpleaños.

Aliente a su hijo/a para que dé regalos que sean una forma de servicio hacia las personas que tienen necesidades especiales, tales como cortar el pasto del jardín delantero de ese vecino anciano o una noche en la cual cuidan gratis a los hijos de esa tía que nunca puede tener una salida.

Por último, a medida que estimula a su hijo/a a que dé, insista en que él/ella le diga con antelación qué es lo que da, y a quién se lo da. No sea que su niño/a regale su vajilla a los vecinos!

El niño/la niña que da es una persona que sabe que "puedo dar algo de lo que tengo porque sé que ese acto no disminuye nada en mi persona. Yo poseo un valor que no está ligado a las cosas." Su Hijo, El Que Da

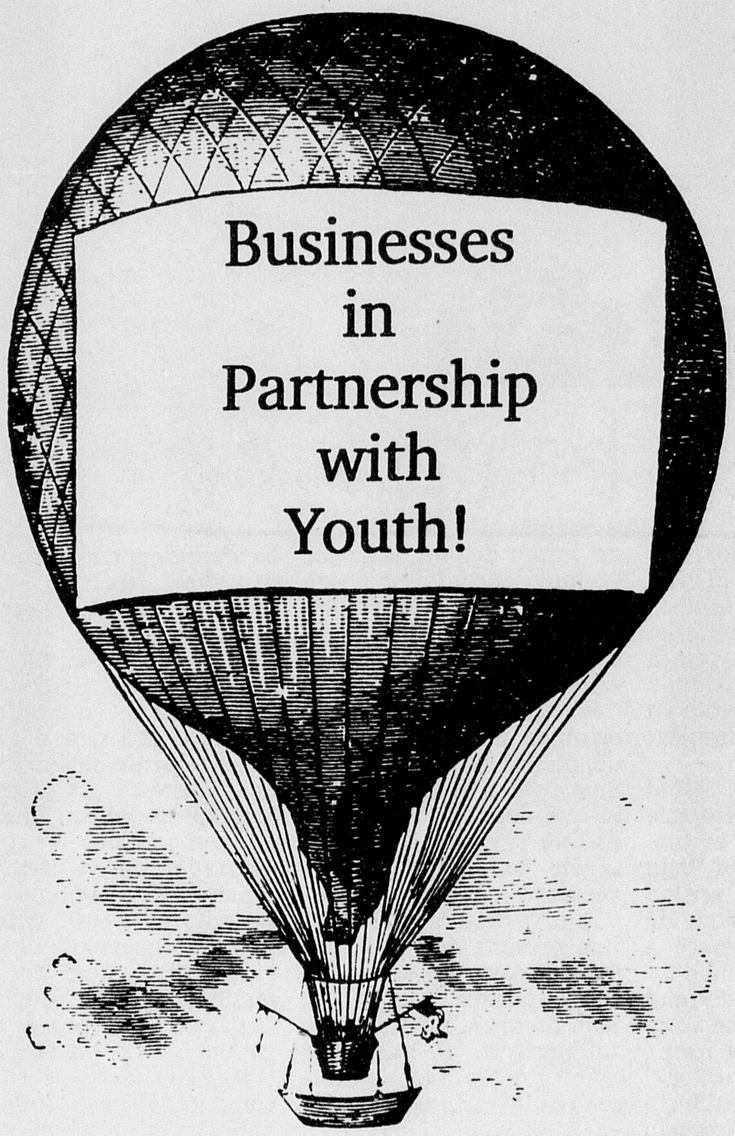
El Colaborativo de Yolo County para Niños y Familias Sanas es un grupo de personas auto elegidas y en constante evolución interesado en promover una vida sana y segura para todos los niños y las comunidades que ellos integran en Winters, Esparto, y Capay Valley. El Colaborativo es una de las 30 comunidades en el Norte de California que recibe el apoyo de una década de esfuerzo sumados a 20 millones de dólares para realizar mejoras duraderas en la salud y el bienestar de los niños.

Poniendo el énfasis en el objetivo común que significa "desarrollar un sentido de comunidad para reducir el sentimiento de aislamiento", los miembros de la comunidad crean un plan a largo plazo para atacar los factores que contribuyen al aislamiento que amenaza la salud y el bienestar de los niños y sus familias. Este enfoque basado en la comunidad, se desarrolla a través del proceso de planificación, a medida que los individuos trabajan juntos en la tarea de identificar cuáles son los puntos fuertes, las capacidades, y los talentos de la comunidad.

Ya podemos ver muchos de los puntos fuertes que existen en las comunidades: recientemente se inauguró en Winters un Centro Familiar y Juvenil gracias al esforzado trabajo realizado por voluntarios; Esparto ha recibido un subsidio de 10.000 dólares y está buscando un sitio para abrir un centro familiar y juvenil propio; y Capay Valley posee una gran variedad de conexiones en la comunidad, incluyendo un árbol telefónico que permite un contacto rápido y amplio entre sus habitantes. A menudo, en esta comunidad se comparten los productos sobrantes de las huertas! Estamos orgullosos de ser parte de estas maravillosas realizaciones!

El próximo 11 de Julio, en el Centro Comunitario de Esparto (la vieja cabaña de los Exploradores (Scouts)) el Colaborativo patrocina un curso de entrenamiento que permitirá identificar los puntos fuertes y los desafíos existentes dentro de la comunidad. Venga y aprenda técnicas que le ayudarán a comprender mejor los temas candentes de su comunidad y a aprender a trabajar juntos y realizar mejoras. El curso de entrenamiento será de 5 a 9 de la noche y durante el mismo se brindará cuidado infantil y se servirán refrigerios. Llame a Dawn al 666-8645 para saber cómo usted puede participar y para saber los horarios y los lugares en que tendrán lugar las reuniones.

WOODLAND



What can you and your business do to help promote healthy youth in our communities? Plenty!

The answer is PARTNERSHIPS. Partnerships that combine the resources of the entire community to meet the needs of young people who are facing many societal risk factors. Partnerships between business, civic organizations, social service agencies, religious groups, community-based organizations, and your local schools.

Both large and small businesses have an important role in promoting responsible, healthy youth. And you and your business are in the perfect position to provide needed leadership in establishing such partnerships.

Your involvement can be at several levels of commitment.

The first level is that of awareness - knowing that a problem exists and something must be done about it. Youth face many pressures that can have a negative impact.

The second level is when that knowledge or awareness increases to the point that you are motivated to invest time in a certain project in your community.

The third level is when that time, coupled with other resources you can provide or leverage, leads to an extended commitment to long-term growth and improvement.

You and your business can become involved in promoting healthier youth in many ways:

Developing a company mentoring or tutoring program in which your employees spend an hour or two each week with an at-risk student.

Becoming more actively involved in establishing local and state school policies.

Taking your employees to a local school for lunch, getting to know the students and teachers.

Sponsoring a career fair or speaking to youth about employment opportunities in your company.

Providing incentives to programs and students.

Creating opportunities for your employees to become more active in youth programs.

Adopting employment practice policies, agreeing not to employ young people unless they are currently enrolled in school or have graduated.

Helping with fundraising activities.

Contributing professional expertise; for example, as an accountant, attorney or medical advisor or work experience coordinator.

Designing staff development materials and seminars.

Officiallyrecognizingoutstanding achievement by youth.

Donating equipment or supplies.

Publishing youth program information in your corporate newsletter.

Sponsoring in-service activities.

Adopting a youth program.

Want to get involved in a community partnership for youth in your area? Of course you do. It makes good business sense.

We can help you put such a partnership together in your community. We can serve you by:

Assisting in determining some of the specific needs of programs for youths in your community.

Analyzing the strengths of your business as they relate to youth prevention programs.

Analyzing the strength of other community resources available to address youth prevention programs.

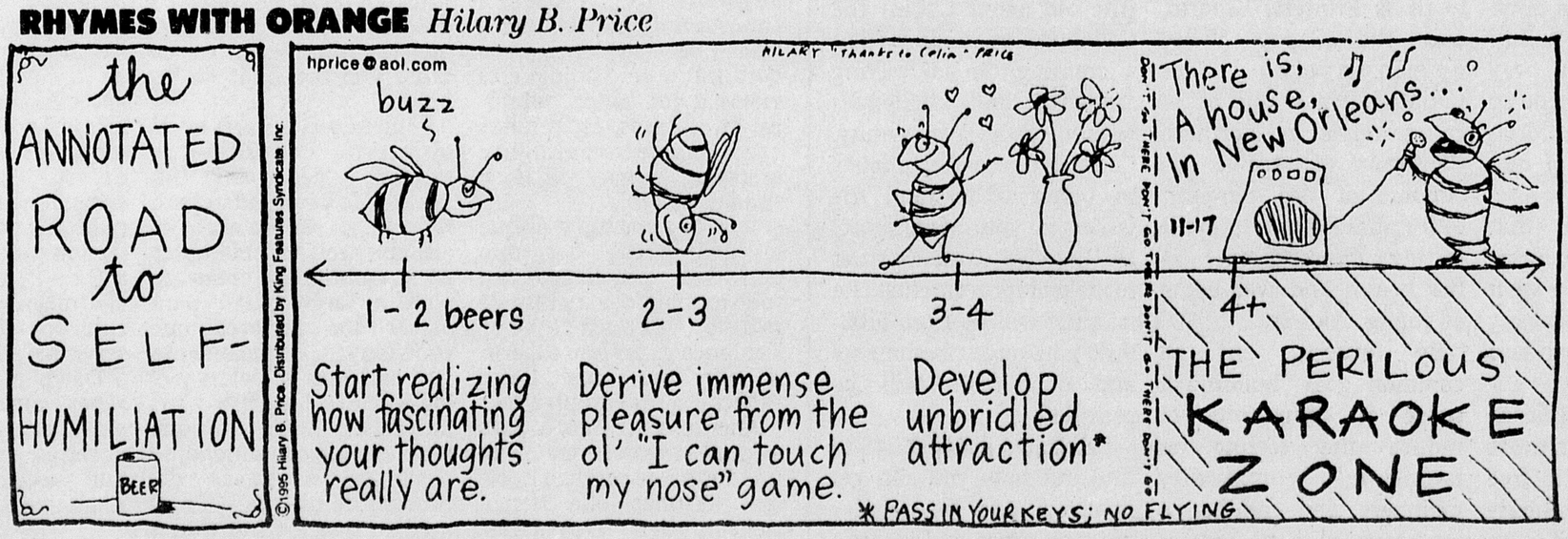
Helping you design a partnership program suited to your community, schools, and businesses.

Helping you draft a youth-business partnership agreement that addresses the needs of youth in your community.

If you are a representative from your business and would like more information about Business/Youth Partnerships, please call Sandy Holman at Yolo County Alcohol & Drug Programs, (916) 666-8650 or David Stoebel at Yolo Unite, (916) 757-5520.

We can make a difference by getting involved in our communities! Find out more about what the benefits are to your business!

RHYMES WITH ORANGE *Hilary B. Price*


the ANNOTATED ROAD to SELF-HUMILIATION
BEER
©1995 Hilary B. Price. Distributed by King Features Syndicate, Inc.
hprice@aol.com
HILARY "thanks to Colin" PRICE
buzz
1-2 beers
2-3
3-4
4+
Start realizing how fascinating your thoughts really are.
Derive immense pleasure from the ol' "I can touch my nose" game.
Develop unbridled attraction*
* PASS IN YOUR KEYS; NO FLYING
There is, A house, In New Orleans...
11-17
THE PERILOUS KARAOKE ZONE

WOODLAND

An Update on the Methamphetamine Control Act of 1996

By Congressman Vic Fazio

One of the greatest threats in this country is methamphetamine, also known as meth or crank. Over the last decade, methamphetamine usage has increased alarmingly. In Sacramento County, meth use is up by 1,117 percent. And right here in Yolo County, methamphetamine is "the drug of choice" for the fourth year in a row.

Meth production and usage has accounted for a dramatic escalation in the number of overdoses, emergency hospital admissions, drug shootings and related violence in America's largest cities and smallest rural areas. Meth-related deaths increased nationally by 145 percent between 1992 and 1994. In California, more than 400 deaths and suicides have been blamed on meth use.

Meth is cheap, readily available, and easy to manufacture. And perhaps worst of all, it's incredibly addictive. Last month, I visited with some recovering crank addicts in Glenn County. Each of them said the same thing: it's one of the toughest addictions to conquer and its usage is growing.

That's why a group of us from California and other rural communities have introduced legislation that would target meth manufacturers, many of whom are based in Northern California. In fact, so many of the meth producers are based in our state, that the Drug Enforcement Agency (DEA) has listed California as a source country for meth, just as it lists Colombia as a source country for cocaine.

While most users are young males, the drug affects infants and toddlers as well. County health departments report growth retardation, premature births, physical trembling, and difficulty feeding from methamphetamine-using mothers. These babies also become ill through their mother's breast milk and through methamphetamine smoke in the ambient air.

The bill was introduced in the House by myself and Representative Frank Riggs and in the Senate, by Senators Dianne Feinstein and Charles Grassley. This legislation, Methamphetamine Control Act of 1996, will be a powerful tool in our fight against methamphetamine production and usage in our country.

The bill is a straightforward solution to the problems created by meth production and usage. First, the bill establishes new controls over the key chemicals used in methamphetamine production. Second, it increases criminal sentences for possession and distribution of these chemicals.

Over the next few months, I will continue to work hard to make this bill a law. In Washington, I've contacted all 435 members of the House, as well as numerous Clinton Administration officials to discuss the problem and my proposed legislative response. In fact, President Clinton announced a national methamphetamine strategy one month later that in many ways mirrors my own legislative efforts. I am hopeful that Senator Feinstein and I will conduct a joint legislative hearing on H.R. 3067 and the president's strategy in the 3rd Congressional District sometime this summer.

I believe that stricter regulation of the raw materials used to manufacture methamphetamine combined with tougher criminal penalties for possession and distribution of the drug will go a long way in curbing meth abuse in our state and our nation. But in the end, we will only win the battle against the meth epidemic if we work together as a community.

The problems posed by methamphetamine are real. This highly addictive drug is cheap, readily available, and easy to manufacture. We can pass laws that raise the stakes on meth production, but Economics 101 teaches us that when there is a demand, there is a supply.

The best way to stay off drugs is not to start. But that is not always so easy. We have to continue working as a community to make sure that kids can confront the peer pressure that often leads to drug experimentation. We have to support our kids as they face pressure from their peers and we have to stay involved in their lives. Supportive parents, educators, families and friends remain the most natural weapon against drug addiction. We must work together to help stop this epidemic.

Supportive parents, educators, families and friends remain the most natural weapon against drug addiction.

FRIDAY NIGHT Live — **CLUB LIVE**

The life expectancy of American 16 to 24 year olds has decreased while that of every other age group has increased. Why? Alcohol and other drugs. Statistics prove that teenagers are dying between the hours of 9:00 p.m. and 2:00 a.m. on Friday nights.

The California Friday Night Live Program (FNL) is a peer program developed in 1984 and designed to prevent alcohol and drug use among teenagers. The real "work" of Friday Night Live is done by youth and includes activities, assemblies, conferences, events, community service, and FUN!

Call Yolo County Friday Night Live and Yolo County Club Live at (916) 666-8659 today!

Chinese Proverb

If there is light in the soul,
There will be beauty in the person.
If there is beauty in the person,
There will be harmony in the house.
If there is harmony in the house,
There will be order in the nation.
If there is order in the nation,
There will be peace in the world.

This page was made possible by your community members:

Daily Democrat

El Charro Mexican Restaurant

Peggy's Homestyle Catering

Steve's Place Pizza

Yolo County Alcohol & Drug Programs Director
Joan Parnas & Staff

Yolo County District Attorney
David Henderson & Staff

Yolo Unite! is made possible through your wonderful contributions of personal stories, poetry and reports on events and activities relating to alcohol and drug abuse.

Please help us to continue communicating your personal and community efforts around these and other important related issues by sending them to us for publication.

Get involved in your Community Council! Call Marilyn, your Community Worker at 666-6008 today!

Send your newspaper submissions to:
Yolo Unite! Editors
600 A Street
Davis, CA 95616

WORKPLACE

More Companies Referring Workers to Drug Treatment

An Independent Report on Prevention & Treatment Issues

More companies that test workers for drugs are referring those who test positively for counseling and treatment, according to the recently released annual survey of the American Management Association (AMA).

The association surveyed human resource managers in its member companies and received 1,151 usable responses. The AMA said the sample accurately represents its 8,000 corporate members, which in total employ a quarter of the American workforce. The association reported, however, that the survey is "not a statistically accurate sampling of all U.S. businesses, 98 percent of which gross less than $10 million annually and/or employ fewer than 50 people."

According to the association, 64 percent of those who responded refer employees with positive drug tests to counseling and treatment, up from 50 percent last year.

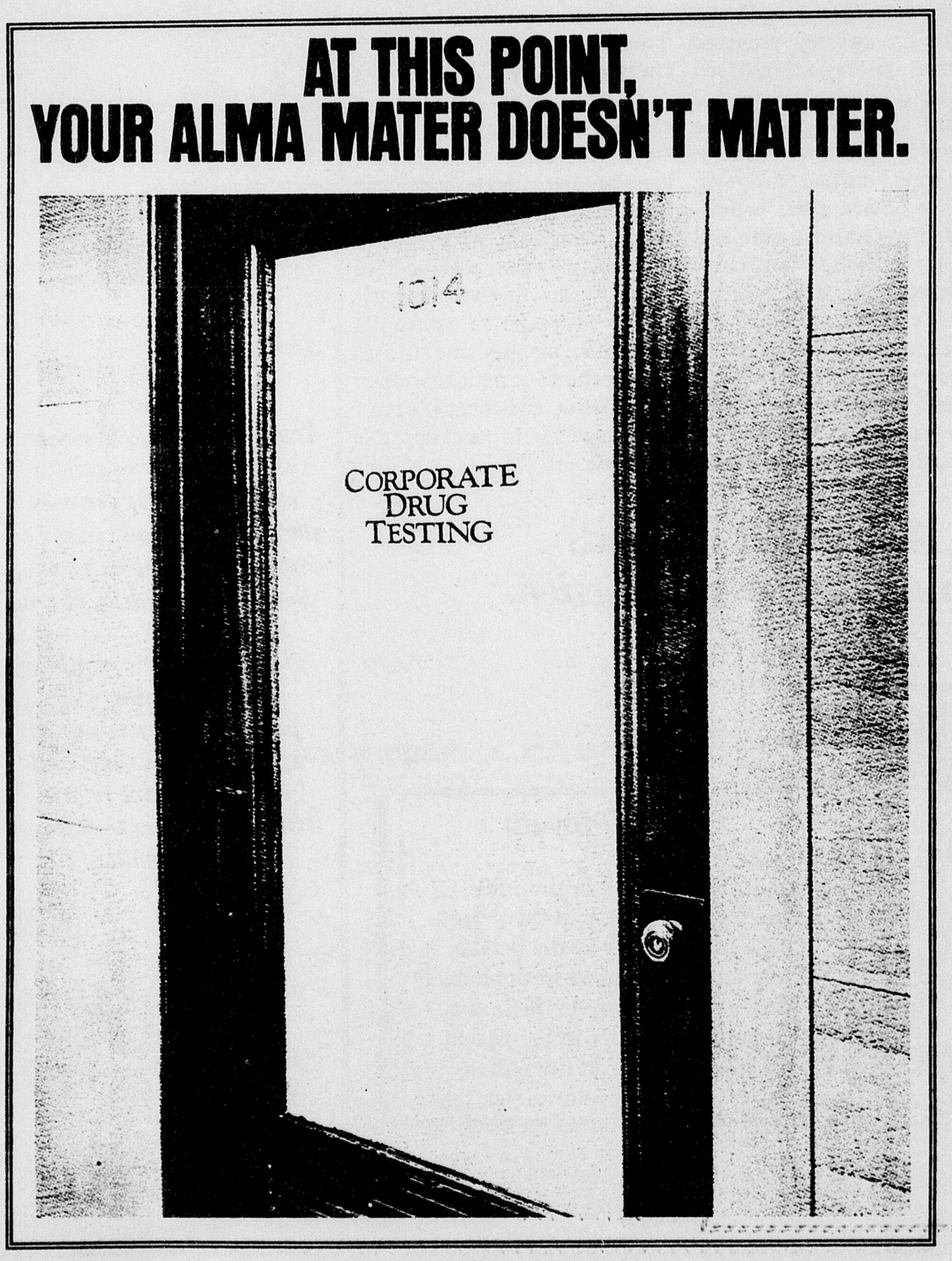
The researchers reported that 15 percent of the respondents said they dismiss those testing positive as a last resort after counseling and treatment have failed.

They reported that the percentage of businesses testing employees has remained steady compared to last year, at 77.7 percent.

Drug testing is rarely done alone, but is combined with other programs, such as education or counseling, the AMA reported. Researchers found that 61 percent of the responding companies combined testing with other programs. Last year, 2.8 percent of employees in companies with testing only tested positive, compared to 1.9 percent in companies combining testing with other programs.

The researchers noted a drop in the number of businesses with drug awareness and education programs for employees, from 50 percent in January 1994 to 47 percent last January. They said that some of the programs were eliminated due to cost-cutting in some companies.

"If cost-cutting is the rationale for elimination of such programs, the decision may prove penny-wise but pound foolish," they wrote. "The data gives strong indication that education, training, and assistance for treatment and counseling have a definite deterrent effect on employee drug use."



Workplace Stories

"I never thought I'd become addicted to drugs! My husband and I tried cocaine at a party three years ago. Within two months we were using $3,000 worth of crack a month. To get enough money to support our habit, we cooked crack at home and my husband sold it on the street. We would come home from work and smoke until 2 or 3 a.m. When I got to work I'd spend half an hour in the bathroom pulling myself together. It was my boss who finally confronted me, pointed out the problems I was having on the job, and suggested that I seek help".

Mary, age 32

"Like any company, I found that I wasn't immune to substance abuse. My best worker got himself into trouble, and I just couldn't sit back and do nothing. I created a policy, informed my managers, and had them tell the employees exactly what the company expected and the consequences of drug use on the job. I can't offer treatment, bit I give time to recover - it's better than trying to replace good people. Sure it costs me something - but my employees seem grateful that I took action and now everyone knows what to expect."

Alfredo, age 53

"Before I stopped drinking I never went anyplace where alcohol wasn't served. I didn't go to the movies or out with friends. I always seemed to have problems with people at work, and I couldn't wait to get home so that I could have my first drink of the evening. I knew I was hurting the people I cared about, but I didn't want to admit that I had a problem. One night a year ago, my daughter had a party for a group of her high school friends. I got drunk, made a fool of myself, and embarrassed my daughter. That was a Friday evening. On Monday I checked myself into a treatment center. Being sober has really changed my life: I have more friends, I spend time with my children, and I get along better with my co-workers."

Steve, age 50

"At first it seemed like too much trouble. But I called my insurance company and got help from some other employers in the area who were dealing with this problem. It isn't so hard, and although my employees were surprised when I first told them about the program, they seem fine about it now, even relieved - not to mention that in the last 2 years, my insurance costs and absenteeism have both gone down."

Sylvie, age 42

EDITORIAL

We're Still Here!

By David Stoebel

It's been a tough year for publicly funded prevention coalitions. Because of budget cuts and grants ending, partnerships like Yolo Unite are going out of business all over the country.

Yolo Unite has not been immune to these problems. Our first federal grant will end this September and with it we will lose more than $400,000 per year in funding. Despite that loss of revenue, I'm happy to say that we are still here and will continue to serve the people of this county.

Needless to say losing that amount of funding means that Yolo Unite will have to change. We will have a smaller staff and fewer resources to start and maintain youth programs.

The good news is that we will still be offering our most valuable programs. Our current grant will allow us to continue supporting communities in starting and maintaining Youth and Family Centers like the ones we have helped start in Winters, Dunnigan, Woodland and West Sacramento.

We will continue doing outreach to the youths at risk and helping them to find places where they can be nurtured and grow. We will continue to link up the many programs and services that already exist with the people who need them.

At the same time, we are moving away from reliance on government money. In the past two months, Yolo Unite has held two successful fundraisers and has contacted more than a half-dozen corporations and foundations regarding funding.

Next year, rather than seeing us start and run youth programs, increasingly you will see Yolo Unite assisting others to do the work of making our community a place where youth can grow up safe, strong and healthy.

You'll see our staff connecting volunteers with public and private agencies. You'll find them helping people obtain resources and develop projects. You'll find us managing volunteers, and creating partnerships between businesses and community groups.

It's a time of uncertainty for everyone and the non-profit world is no exception. But with the can-do attitude of the volunteers and staff who make up this Partnership called Yolo Unite, I know we will continue to make a difference for our youth.

Everyone knows that we must. The cost of not making it is just too great.

HOW TO BE AN ARTIST

Stay loose. Learn to watch snails. Plant impossible gardens. Invite someone dangerous to tea. Make little signs that say Yes! and post them all over your house. Make friends with freedom and uncertainty. Look forward to dreams. Cry during movies. Swing as high as you can on a swingset, by moonlight. Cultivate moods. Refuse to "Be responsible." Do it for love. Take lots of naps. Give money. Do it now. The money will follow. Believe in magic. Laugh a lot. Celebrate every gorgeous moment. Take moonbaths. Have wild imaginings, transformative dreams and perfect calm. Draw on the walls. Read everyday. Imagine yourself magic. Giggle with children. Listen to old people. Open up. Dive in. Be free. Bless yourself. Drive away fear. Play with everything. Entertain your inner child. You are innocent. Build a fort with blankets. Get wet. Hug trees. Write love letters.

How to Destroy Ideas and Kill Creative Thinking

A swell idea, but...

We've never done it that way before.

Too academic...

Our department is different.

Let's be practical.

Too hard to administer.

We don't have the time.

It's against policy.

The management won't understand...

Let me add to that...

We're too big for that.

You don't understand our problem...

Where did you ever get an idea like that?

Too modern...

The experienced people won't use it...

Has anyone else tried it?

Why start anything now?

We have too many projects now.

Let's not step on their toes.

We'd already be doing it that way if it were any good.

It needs more study.

Let's form a committee.

It doesn't fit our program.

We don't have the staff.

We don't have the money.

You haven't considered...

It has been this way forever, so it must be working okay.

Let's shelve it for now...

We're not big enough for that...

All right in theory, but can you put it in practice?

Too much paperwork.

Too old-fashioned...

The new people won't understand it...

I just know it won't work.

What you are really saying is...

Let's be practical.

EDITORIAL

PreventionWORKS!

Summer Activities for Youth 1996

recovery happens

PROGRAM NAME	AGES	DATES/HOURS	COST	CONTACT/PH #
Backpacking Trip	10-15 yrs.	Various	$125-$155/trip	Emily Murdock, 757-5626
Camp Putah	7-12 yrs.	June 17-Aug. 23	$75.00/week	Emily Murdock, 757-5626
Father/Daughter Night	All ages	Friday, June 28 6:30 p.m.-9:30 p.m.	$30 Father/Daughter $17 Add'l Daughter	Connie, 373-5860
Free Car Washing	13-20 yrs.	July 11-August 8 9:00 a.m.-1:00 p.m.	Free to Seniors	Eren Moreno, 661-5880
Program X	13-20 yrs.	M-F, July 1-Aug. 9	Free to Seniors	Eren Moreno, 661-5880
Healthy Start Summer Lair	12-17 yrs.	M-F, June 17 - August 2 2:00 p.m.-6:00 p.m.	N/A	John Harris, 661-5880 or Temo @ 662-0251
Jr. Giants Baseball	8-10 and 11-13 yrs.	Begins June 24	N/A	Andre Pichly, 373-5860
Jr. High Innertube Water Polo	Grades 6th-8th	T & Th, June 4-July 27 8:00 a.m.-10:00 a.m.	$26.00	Angie Ardans, 757-5626
Jr. Lifeguard Training	13-15 yrs.	M-Th, July 15-25 12:00 p.m.-2:00 p.m.	$48.00	Angie Ardans, 757-5626
Kids Involved During Summer (K.I.D.S.)	5-12 yrs.	M-F, June 24-Aug. 2 10:00 a.m.-2:00 p.m.	N/A	W.S. Parks, 373-5860
L.A. Dash	Contact W.S. Parks	August 14-16	Contact W.S. Parks	W.S. Parks, 373-5860
Pajama Jamy Jam	Contact W.S. Parks	July 26-27	Contact W.S. Parks	W.S. Parks, 373-5860
Santa Cruz Trip	Contact W.S. Parks	July 12	Contact W.S. Parks	W.S. Parks, 373-5860
Night Hoops	13-20 yrs.	Saturdays, July-Aug. 9:00 p.m.-1:00 a.m.	N/A	Jeff Roddy, 661-5880
Rainbow Summer	6-12 yrs.	June 24-Aug.30	$37.00/week	Ann Willmann, 757-5626
Davis Recreational Swim	All ages	M-F/1-7 p.m. (Manor Pool) 1-5 p.m. (Community Pool)	$1.25/day	Angie Ardans, 757-5626
Swimming: Lessons & Recreational	Various	June-August	Contact W.S. Parks	W.S. Parks, 373-5860
Third & B - Special Acts	Junior High grades	Various	Various	757-2065
Third & B Drop-In	Grades 7th-12th (Davis residents)	June 17-Sept. 2 M-Thu 12:00 p.m. - 10:00 p.m. F-Sat 12:00 p.m. - 11:00 p.m.	N/A	757-2065
S.P.R.OUT	5-12 yrs.	July 8-19, July 22-Aug 2, Aug 5-16 M-F 9:00 a.m. - 12:00 p.m.	$25/child per session	Call 668-3705

Yolo Unite! is a publication of Yolo Unite, the Partnership for a Healthy, Drug-Free Yolo County. The purpose of **Yolo Unite!** is to continue building the Yolo County Prevention community by informing the public about prevention events, activities and concepts.

Yolo Unite! will contain material related to the prevention of substance abuse and related problems. Priority will be given to material that was produced by local writers and/or that has a local angle. Material that has a more general scope but that focuses on prevention issues may be accepted. Final responsibility for the publication's content rests with the Editor-in-Chief.

Submissions will be accepted from anyone. In addition non-copyrighted material or material reprinted from other publications may be accepted. Some stories have been reprinted with permission from the publishers of Chicken Soup for the Soul.

Yolo Unite! will only advocate positions which have been agreed upon by the Steering Committee. However, from time to time, **Yolo Unite!** may present material on controversial issues. In such cases, we will present a balance of the different points of view about the issue.

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